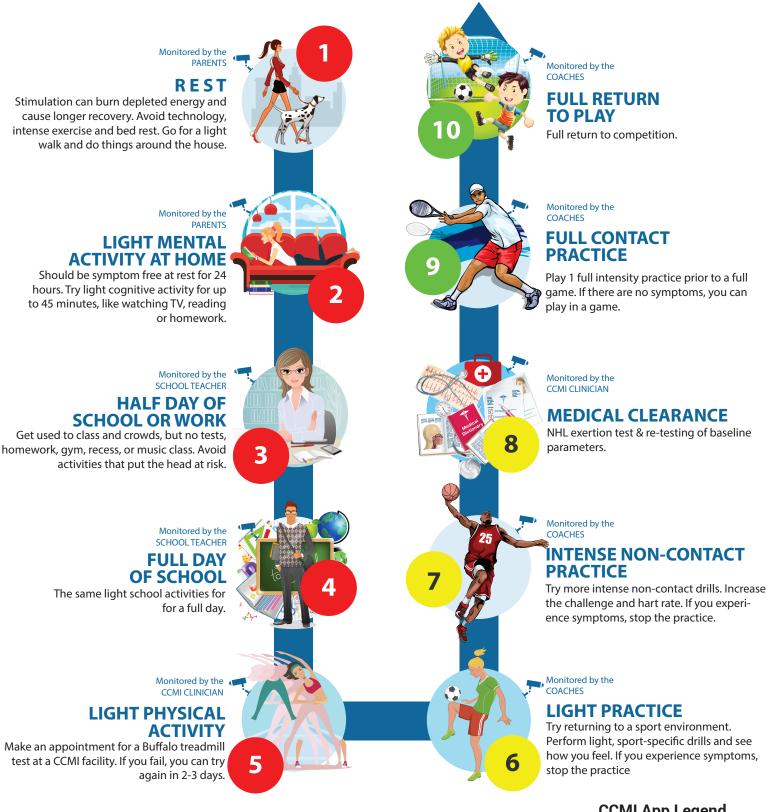


## RECOVERY STAGES OF CONCUSSION

Concussed individuals should remain in each of the following stages for at least 24 hours. You must not be experiencing any symptoms prior to attempting the next stage.



If symptoms are experienced at any stage, drop back to the previous stage for at least 24 hours. You must be asymptomatic prior to attempting the next stage again.

## CCMI App Legend

- Player cannot participate
- Practice with no contact
- Uninjured with no restrictions