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| **Concussion Policy** |
| The FIT Concussion in Sport Policy will apply for the 2015 Pacific Games. The FIT approved Concussion in Sport Policy is as follows:   |  |  |  |  | | --- | --- | --- | --- | | **Grade** | **First Concussion** | **Second Concussion** | **Third Concussion** | | Mild | May return to play if asymptomatic | Return to play in two weeks. If asymptomatic at that time for one week | Terminate season. May return to play next season if asymptomatic | | Moderate | Return to play after asymptomatic for one week | Minimum of one month rest. May return to play then if has been asymptomatic for one week; consider terminating season | Terminate season. May return to play next season if asymptomatic | | Severe | Minimum of one month rest. May return to play is has been asymptomatic for one week | Terminate season. May return to play next season if asymptomatic | N.B. Asymptomatic is defined as having no headaches dizziness, impaired orientation, concentration or memory during rest or exercise. | |