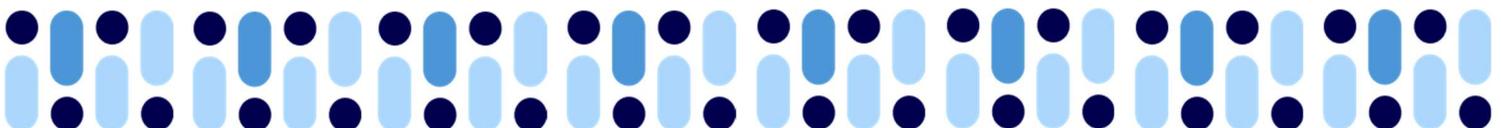


Cricket following a concussion

Cricket is a **medium-risk sport** for concussion. While not continuous-contact, risks arise from ball strikes (particularly for batters, wicketkeepers, and close fielders), **collisions** between fielders chasing the ball and **falls/dives** in the field.

Because cricket involves periods of low activity punctuated by sudden, high-risk moments (e.g. facing a fast bowler), following a **staged return-to-play pathway** is essential to ensure athletes regain both physical tolerance and technical confidence before reintroducing batting, bowling, or fielding at full intensity.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training. Focus on fitness</p> <p>Cricket specific exercise Batting: Shadow batting, technique work without a ball, underarm feed at walking pace. Bowling: Walk-through bowling action (no ball initially, progress to gentle bowling). Fielding: Simple throwing and catching with a soft ball, ground fielding at low pace. Wicketkeeping: Footwork drills, no ball initially..</p>
R2P Medical Assessment to assess fitness to start a Gradual Return to Sport		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Cricket training Consider starting with reduced intensity sessions, building up as tolerated.</p> <p>Batting: Throwdowns at higher pace, bowling machine at reduced speed (no bouncers). Bowling: Full run-up, controlled intensity, building pace gradually. Fielding: Catching and throwing at full intensity, run-out drills, high catches with softer balls initially. Wicketkeeping: Drills with live ball feeds, predictable lines.</p> <p>If remains well, progressing to: Batting: Facing live bowlers, bowling machine at match pace, including bouncers/short balls. Bowling: Max effort spells, tactical execution. Fielding: Diving stops, close-in catching, high catches with hard ball. Wicketkeeping: Full match conditions including standing up to stumps.</p>



R2P Medical Assessment
to assess fitness to return to unrestricted sport

Day 21	Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage	Return to full competitive cricket
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