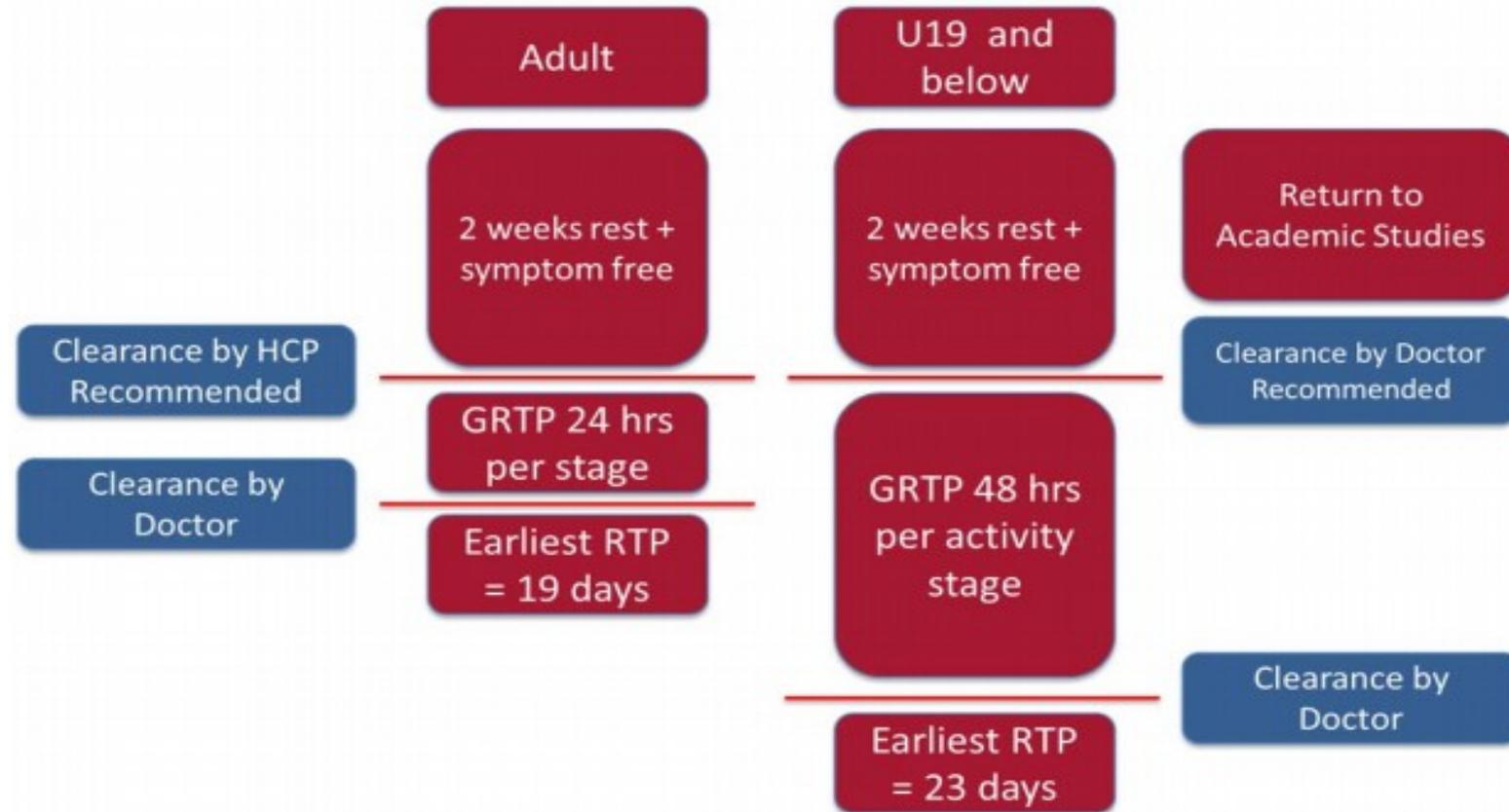


CONCUSSION

- Minimum 14 days stand-down from all physical activity
 - No rugby training, matches, gym, other sports, running, cardio.....
- Should modify mental activity until asymptomatic
 - Make sure tutors are aware
- Once symptom-free, 14 day stand-down can start with the GRTP
- Will take at least 23 days to return to rugby
- Must have medical approval to return to play

DON'T BE A HEADCASE STOP! CHECK FOR CONCUSSION
HEADACHE EMOTIONAL APPEARANCE DROWSINESS CONFUSION AGITATED SEIZURE EARS AND EYES

GRADUATED RETURN TO PLAY (GRTP)



A player's age is deemed to be their age as at 1st September.

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HEADACHE EMOTIONAL APPEARANCE DROWSINESS CONFUSION AGITATED SEIZURE EARS AND EYES

GRADUATED RETURN TO PLAY (GRTP)

STAGE	REHABILITATION STAGE	EXERCISE ALLOWED	OBJECTIVE
1	Rest	Complete physical & cognitive rest without symptoms.	Recovery
2	Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum predicted heart rate. No resistance training.	Increase heart rate & assess recovery
3	Sport-specific exercise	Running drills. No head impact activities.	Add movement & assess recovery
4	Non-contact training drills	Progression to more complex training drills. May start progressive resistance drills.	Add exercise + coordination and cognitive load. Assess recovery
5	Full contact practice	Normal training activities.	Restore confidence & assess functional skills by coaching staff. Assess recovery
6	Return to play	Player rehabilitated.	Safe return to play once fully recovered

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