GRADUATED RETURN TO PLAY (GRTP) TOOL (UNDER 19)

GRTP tool to be used in conjunction with the WRU concussion guidance document



STAGE 1 STAGE 2 STAGE 4 STAGE 6 STAGE 3 STAGE 5 **FIRST 24 HOURS DAY 15** SPORTS SPECIFIC NON CONTACT TRAINING FULL CONTACT PRACTICE RETURN TO PLAY LIGHT AEROBIC EXERCISE **EXERCISE DRILLS** Aim: Recovery Aim: Increase heart rate and Aim: Add movement and Aim: Functional exercise and Aim: Restore confidence and assess Do you have any symptoms? introduction to cognitive tasks functional skills by coaching staff cognitive load coordination DO: DO: DO: DO: DO: • 15 minutes of light jogging, swimming • Moderate to maximum running drills • Progression to more complex • Normal training activities Initial 24 hours of complete physical and YES: Return and remain at training drills, e.g. passing, kicking or stationary cycling at low to moderate mental rest. Once symptom free, 13 days • Able to undertake all mental tasks such • Resume normal full training Stage 5until symptom free and running drills of relative rest without symptoms. intensity as studying and computer based tasks • Start weight training NO: Have you obtained medical clearance? (GO Do you have any symptoms? If so return to play DON'T: DON'T: DON'T: DON'T: No resistance / weight training • No computer based tasks • No resistance / weight training No contact training. **EARLIEST RETURN TO PLAY** • No contact training. IS 23 DAYS • No contact training. **DAY 2 - DAY 14** YES: Return and remain at Aim: Recovery and graded Stage 4 until symptom free introduction to light activity and cognitive tasks Do you have any symptoms? Do you have any symptoms? Do you have any symptoms? NO: Progress to stage (GO 6 in 48 hours time DO: Symptom limited activity • 10 minutes of slow walking YES: Return and remain at YES: Return and remain at YES: Return and remain at • Recommence studies and able to Stage 2 until symptom free Stage 3 until symptom free Stage 1 until symptom free undertake computer based tasks NO: Progress to stage 4 **NO**: Progress to stage 3 after initial 24 hours complete rest (GO) NO: Seek medical clearance / in 48 hours time in 48 hours time (go) before progressing to **RETURN TO** DON'T: Stage 5 in 48 hours time • No resistance / weight training PLAY No contact activity Do you have any symptoms? YES: Remain at stage 1 **MEDICAL** NO: Progress to Stage 2 (GO CLEARANCE MEDICAL **CLEARANCE** Date: Medical Clearance Obtained Medical Clearance Obtained Date: Date: Date: YES NO 🗌 YES NO Signed Player Signed Player Signed Player Signed Player Signed Player Signed Supervisor Signed Supervisor Signed Supervisor Signed Supervisor Signed Supervisor

This tool is a guideline for managing an individual's return to rugby following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.