

CONCUSSION

GRADUATED RETURN TO PLAY (GRTP)

All players diagnosed with a concussion or suspected concussion must go through the GRTP described in this poster. For more information talk to your coach, your local union, contact New Zealand Rugby or check out rugbysmart.co.nz

GRADUATED RETURN TO PLAY STAGES

Rehab stage

		Minimum Time	
		19 Years+	Under 19
1	Complete mental and physical rest until symptoms have cleared.	14 days	14 days
2	Once symptom-free, light aerobic exercise, such as walking or stationary cycling.	2 days	2 days
3	Rugby-specific exercise, such as running or ball-handling activities only if symptom-free. NO head impact activities.	1 day	2 days
4	Non-contact training drills until medical clearance given and only if symptom-free.	1 day	2 days
5	Once medical clearance has been given, full contact training	2 days	2 days
6	Return to play		

RECOGNISE | REMOVE | RECOVER | RETURN

