




Everyone's GAME



CONCUSSION | IF IN DOUBT, SIT THEM OUT.

GRADUATED RETURN TO PLAY - PROTOCOLS

Age Group	GRTP Stage 1 MINIMUM Rest Period	 CAUTION GRTP should only start if the player is symptom free and off medication that modifies symptoms of concussion	GRTP Stages 2-5	 CAUTION Contact sport should be authorised only if the player is symptom free and off medication MEDICAL CLEARANCE RECOMMENDED	GRTP Stage 6 MINIMUM Return to play interval
18 and Under	14 Days		4 Stage GRTP progression every 48 hours, if symptom free		14 day rest + 8 day GRTP = Day 23 post injury
Adults	7 Days		4 Stage GRTP progression every 24 hours, if symptom free		7 day rest + 4 day GRTP = Day 12 post injury
 CAUTION Any player with a second concussion within 12 months, a history of multiple concussions, players with unusual presentations or prolonged recovery should be assessed and managed by health care providers with experience in sport related concussions.					

GRADUATED RETURN TO PLAY - OBJECTIVES

Stage	Rehab Stage	Exercise Allowed	% Max Heart Rate	Duration	Objective
1	Minimum rest period	Complete body & brain rest			Recovery
2	Light exercise	Walking, light jogging, swimming, stationary cycling. NO resistance training, jumping or hard running	<70%	<15mins	Increased heart rate
3	Sport specific exercise	Simple movement activities e.g. running drills. NO head impact activities	<80%	<45mins	Add movement
4	Non-contact practice	Progression to more complex training. MAY start resistance training. NO head impact activities.	<90%	<60mins	Exercise, coordination & skills/tactics
5	Full contact practice	Normal training activities e.g. tackling			Restore confidence & assess functional skills by coaching staff
6	Return to play	Player rehabilitated			Return to play