






GRADUATED RETURN TO PLAY (GRTP)

	<u>ACTIVITY</u>	<u>EXERCISE ALLOWED</u>	<u>REQUIREMENT</u>	<u>OBJECTIVE</u>	<u>MOVE ON TO</u>
DAY OF EVENT	Off school	None - complete body rest and brain rest for minimum of 24 hours. No reading/TV/computer/driving	Must be symptom-free for 48 hours before moving to Stage 1.	Rest	 STAGE 1
STAGE 1	Minimum rest period = 14 days once symptom-free and without masking medication eg paracetamol	None	Confirmation of recovery by healthcare professional advised before progress to Stage 2	Recovery	 STAGE 2
STAGE 2 Day 15 at earliest	Light aerobic exercise	Light jogging for 10-15 minutes, swimming or stationary cycling at low to moderate intensity. No resistance training	48 hours symptoms-free for U19's before progress to next stage	Increase heart rate	 STAGE 3
STAGE 3 Day 17 at earliest	Sport-specific exercise	Running drills. No head impact activities.	48 hours symptom-free for U19's before progress to next stage	Add movement	 STAGE 4
STAGE 4 Day 19 at earliest	Non-contact training drills	Progression to more complex training drills, eg passing drills. May start progressive resistance training.	48 hours symptom-free for U19's and confirmation of recovery by healthcare professional before progress to next stage	Exercise, coordination and cognitive load	 STAGE 5
STAGE 5 Day 21 at earliest	Full contact practice	Normal training activities		Restore confidence and allow assessment of functional skills by coaching staff	