

Graduated Return to Play Process

All players diagnosed with a concussion must go through the GRTP described in this poster.



CONCUSSION

Rehabilitation Stage	Minimum Time	
	Under 19	19+
1 Rest / No activity Complete mental and physical rest. No screens.	2 days	2 days
2 Light aerobic exercise Symptom guided low - moderate intensity activities (walking and stationary cycling).	14 days	14 days
3 Rugby league specific exercise Running drills, no impact activities.	2 days	1 day
4 Non-contact training drills Progression to more complex training drills: passing, catching, may start doing weight training.	2 days	1 day
5 Following medical clearance full contact practice May participate in normal training activities (contact training).	2 days	2 days
6 After 24 hours return to play Player rehabilitated.	1 day	1 day
	(23 days)	(21 days)



1
RECOGNISE
THE SIGNS
AND SYMPTOMS

2
REMOVE
THE PLAYER
FROM PLAY

3
REFER
THEM TO A
DOCTOR FOR
ASSESSMENT

4
RETURN
TO PLAY



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