

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



CONCUSSION

Rehabilitation Stage	Minimum Time	
	U19	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-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

RECOGNISE / REMOVE / RECOVER / RETURN

