

# 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](http://rugbysmart.co.nz)



# CONCUSSION

Rehabilitation Stage	Minimum Time	
	U19	19+
1 <b>Rest / No Activity</b> Complete mental and physical rest. No screens.	2 days	2 days
2 <b>Light aerobic exercise</b> Symptom guided low - moderate intensity activities (walking and stationary cycling).	14 days	14 days
3 <b>Rugby-specific exercise</b> Running drills, no impact activities.	2 days	1 day
4 <b>Non-contact training drills</b> Progression to more complex training drills: passing, catching, may start doing weight training.	2 days	1 day
5 <b>Following medical clearance full contact practice</b> May participate in normal training activities (contact training).	2 days	2 days
6 <b>After 24 hours return to play</b> Player rehabilitated.	1 day	1 day

**RECOGNISE / REMOVE / RECOVER / RETURN**