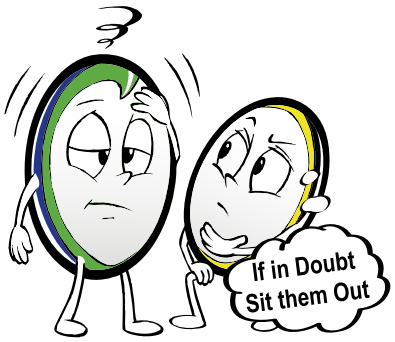


Concussion Guidance

Graduated Return To Play (GRTP) Programme for the Community Game

	Rehabilitation Stage NB: Only move to the next stage if you are symptom-free at the end of the current stage	Minimum Time Under 19	Minimum Time 19+
1	Complete Mental and Physical Rest	24 Hours	24 Hours
2	Daily Activities that Don't Cause Symptoms Which may include non-structured light exercise	14 Days Including minimum 24 hours complete rest (above)	7 Days Including minimum 24 hours complete rest (above)
3	Light Aerobic (Structured) Exercise Symptom-guided low to moderate intensity activities e.g. light jogging, swimming, stationary cycling, etc.	24 Hours Player can start this structured exercise phase at the earliest on Day 15 if non-symptomatic	24 Hours Player can start this structured exercise phase at the earliest on Day 8 if non-symptomatic
4	Sport-Specific Exercise Running drills. Activities with no risk of head impact	24 Hours	24 Hours
5	Non-Contact Training Progression to more complex training drills e.g. passing, catching. May start progessive resistance training. (Players cannot undertake Stage 5 if they have not returned to education or work)	24 Hours	24 Hours
6	Full Contact Practice Following medical clearance * Normal training activities (contact training)	24 Hours	24 Hours
7	Return to Play!		

At a Glance . . .	Under 19	19+
Earliest time to return to non-contact training	Day 17	Day 10
Earliest time to return to full contact training	Day 18	Day 11
Earliest time before player can return to play	19 Days	12 Days

* Medical Assessment if Available

World Rugby strongly recommends that all players seek the highest level of medical care available following concussion, or suspected concussion

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