

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 Avoid physical activity, thinking tasks and screens (TV, phone and laptops).	2 days	2 days
2 Light to moderate exercise Symptom guided activities such as walking, jogging or stationary cycling.	14 days	14 days
3 Moderate to high exercise Running drills, no impact activities.	2 days	1 day
4 Non-contact training drills Progression to more complex training drills: passing, catching, weight training.	2 days	1 day
MEDICAL CLEARANCE FROM DOCTOR		
5 Full contact practice May participate in normal training activities (contact training).	2 days	2 days
6 Return to play Player rehabilitated.	1 day	1 day

RECOGNISE | REMOVE | RECOVER | RETURN

