CONCUSSION

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**

GRADUATED RETURN TO PLAY STAGES

Rehab stage		Minimum Time 19 Years+	Minimum Time Under 19
1	Complete mental and physical rest until symptoms have cleared.	14 days	14 days
2	Once symptom-free, light aerobic exercise, such as walking or stationary cycling.	2 days	2 days
3	Rugby-specific exercise, such as running or ball-handling activities only if symptom-free.NO head impact activities.	1 day	2 days
4	Non-contact training drills until medical clearance given and only if symptom-free.	1 day	2 days
5	Once medical clearance has been given, full contact training	2 days	2 days
6	Return to play		

RECOGNISE I REMOVE I RECOVER I RETURN

ACC PREVENTION. CARE. RECOVERY. Te Kaporeihana Āwhina Hunga Whara

NZ RUGBY FOUNDATION

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Blue Card Concussion Initiative: Protocols and Implementation Procedures for Provincial Unions (2016)