Graduated Return to Play (GRTP) following a Concussion

Player Name : _____

Age: _____

Date of Concussion: _____

Assessed at time of injury by Health care professional: ☐ Yes / No ☐

Assessing Practitioner (Print name): _____

Contact Number: _____

Stage	Aim	Activity	Goal of each stage	Date:	Signed: Print Name & Designation
1	Symptom-limited activity A. **Mandatory minimum 14 days** following the injury for **ALL** Age group and senior players **not under the direct care of a medical practitioner.** B. Senior player, a minimum 24 hours after symptoms cleared, under the direct care of an **SRU Medical approved medical practitioner and with written clearance.**	Daily activities that do not provoke symptoms.	Gradual reintroduction of work /school activities.		
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increased heart rate.		
3	Sport-specific exercise	Running or skating drills. No head impact activities.	Add movement		
4	Non-contact training drills	Harder training drills, eg, passing drills. May start progressive resistance training	Exercise, coordination and increased thinking.		
5	Full contact practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff.		
6	Return to play (To be assessed and signed by a Concussion Specialist Doctor)	Normal game play	Return to Sport		

**** Note: An initial period of at least 48 hours of both physical and cognitive rest is mandatory before beginning the RTS Programme**

*** Stage 1 Minimum 14 days asymptomatic .**

**** Senior Players - Allow minimum 24 hours between activity levels - must be asymptomatic after each stage to progress to next stage**

**** All Age Groups players (U 19's) Minimum 48hrs between activity levels- must be asymptomatic after each stage to progress to next stage**

Doctor / Clinic Stamp

Additional Notes (If Needed)

Signature

Print Name and MCR no.

Clinic Name and Designation