



## 2023.10.14 SRU Graduated Return to Play (GTRP ) Tracking Form

Player Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date of Concussion: \_\_\_\_\_

Assessed at time of injury by Dr , Healthcare Professional , Paramedic : Yes / No

Assessing Practitioner (Print Name): \_\_\_\_\_ Contact number : \_\_\_\_\_

Stage	Aim	Activity	Goal of each step	Date completed	Name and role
1	Initial Rest (Physical and Cognitive) <b>Min 24 hrs</b>	No driving or exercise. Consider time off work or adaption of work or study	Recovery		
2a.	Symptom-limited activity after initial 24 hrs <b>Min 24 hrs</b>	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school and normal activities		
2 b	Light aerobic exercise <b>Min 14 days</b>	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate without provoking symptoms		
<b>For Stages 3-5 IF ASYMPTOMATIC after each stage players</b> <b>U 19 yrs. - progress to next stage after 48 hrs.</b> <b>19 yrs. and over - progress to next stage after 24 hrs.</b> <b>Stages 3 to 5 Players should be monitored by Doctor or Health Care professional (HPC)</b>					
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement		
4	Non-contact training drills	Harder training drills, e.g. passing drills. May start progressive resistance training	Exercise, coordination and increased thinking		
<b>ALL players: SRU Graduated Return to Play tracking form signed and dated U 19's by Doctor with experience managing concussion</b> <b>19 yrs over Dr or Heath Care Professional with experience managing concussion</b>					
5	Full contact practice	participate in normal training activities	Restore confidence and assess functional skills by coaching staff		
<b>All Players Graduated Return to Play form must be completed and submitted to SRU <a href="mailto:medical@SRU.org.sg">medical@SRU.org.sg</a> for clearance before starting Stage 6.</b>					
6	Return to sport	Normal game play	Return to sport	Approved by	Date
<b>U-19: minimum 23 days for return to play</b> <b>19 yrs and over minimum 21 days for return to play</b>					