



2023 Graduated Return to Play (GTRP) Protocol

| Stage | Aim | Activity | Goal of each step |
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| Players: Under 19 yrs. (including those playing adult rugby) - medical check by Doctor, specialising in concussion, or A and E Doctor on same day of incident. 19 yrs. and over - should see a doctor specialising in concussion if signs and symptoms increase or don't clear within 24 hrs | | | |
| 1 | Initial Rest (Physical and Cognitive) Min 24 hrs | No driving or exercise. Consider time off work or adaption of work or study | Recovery |
| 2a. | Symptom-limited activity after initial 24 hrs Min 24 hrs | Daily activities that do not provoke symptoms | Gradual reintroduction of work/school and normal activities |
| 2 b | Light aerobic exercise Min 14 days | Walking or stationary cycling at slow to medium pace. No resistance training | Increase heart rate without provoking symptoms |
| ALL PLAYERS - Min 16 days for Stages 1-2b | | | |
| For Stages 3-5 IF ASYMPTOMATIC after each stage players U 19 yrs. - progress to next stage after 48 hrs. 19 yrs. and over - progress to next stage after 24 hrs. Players should be monitored by Doctor or Health Care professional (HPC) with understanding of concussion, while completing stages 3 and 5. ALL players : SRU Graduated Return to Play (GTRP) tracking form signed and dated | | | |
| 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 |
| U 19 yrs. clearance by doctor specialising in concussion 19 yrs. and over Medical clearance by Doctor or Health Care Professional specialising in concussion ALL players: SRU Graduated Return to Play tracking form signed and dated by Dr or HPC | | | |
| 5 | Full contact practice | participate in normal training activities | Restore confidence and assess functional skills by coaching staff |
| 6 | Return to sport | Normal game play | Return to sport |
| U-19: minimum 23 days for return to play 19 yrs and over minimum 21 days for return to play All Players 2023 SRU Graduated Return to Play (GTRP) Tracking Form must be completed and emailed to SRU medical@SRU.org.sg | | | |