



## DON'T BE A CHECK FOR CONCUSSION

know the symptoms and signs of concussion.

any player with a suspected concussion must be removed from play/training IMMEDIATELY and assessed by a health care professional.



give players time to recover fully as you would with any other injury.

all players must follow a Graduated Return to Play (GRTP) and be reviewed by a healthcare professional before returning to rugby/sport.

RECOGNISE, REMOVE AND IF IN DOUBT. STEEM OUT



## RETURN TO PLAY

**Suspected Concussion** Remove from play immediately

If any red flag symptoms are present seek urgent medical assistance In all cases it is recommended that the player is referred to a healthcare professional for diagnosis and advice

14 days relative rest & symptom free

Graduated Return to Play (GRTP) 24 hours per activity stage

**ADULT** 

U19 & BELOW

Graduated Return to Play (GRTP) 48 hours per activity stage

Review by Healthcare Professional

**EARLIEST RETURN TO** PLAY = 19 DAYS

**EARLIEST RETURN TO** PLAY = 23 DAYS

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## GRADUATED RETURN TO PLAY PROGRAMME







STAGE	STAGE 1 Initial Rest (Body & Brain)	STAGE 2A Relative Rest (Symptom limited activities)	STAGE 2B Light Aerobic Exercise	STAGE 3 Sport-Specific Exercise	STAGE 4  Non-contact Training	F <u>c</u> ≤	STAGE 5 Full Contact Practice
OBJECTIVE	Recovery	Return to normal activities (as symptoms permit) No symptoms at the end of the 14 days	Increase heart rate	Add movement	Exercise, cognitive learning/wor before re	Exercise, coordination and cognitive load A return to learning/work must be achieved before returning to sport	coordination and Restore confidence load A return to and assess 'k must be achieved functional skills turning to sport
EXERCISE/ ACTIVITY ALLOWED	No driving or exercise Minimise screen time Consider time off or adaption of study/work.	Initially daily activities that do not provoke symptoms Consider time off or adaption of study/work	For example: Light jogging for 10-15 minutes, swimming or stationary cycling at low to moderate intensity No resistance training	For example: Running drills. No head impact activities		For example: Passing drills. May start progressive resistance training	For example:  Pollowing medical review. Return to normal training activities
DURATION (Mins)	No Training	No Training	Less than 20 mins	Less than 45 mins	Leg	Less than 60 mins	ss than 60 mins
% MAX HEART RATE	No Training	No Training	Less than 70%	Less than 80%		Less than 90%	Less than 90%

rest a minimum	er should	If any symptoms occur while progressing through the GRTP programme, the player should rest a minimum	ms occur while progressing throug	If any symptor	S		REVIEW BY HCP	
Minimum 48 hours	REVIEW BY HCP	Minimum 48 hours	Minimum 48 hours	Minimum 48 hours	YMPTOM FREE	14 days (incl. Stage 1)  Must be symptom free before progressing to Stage 2B	24-48 Hours	₩138 %
l rest a minimum ३.	er should ous stage	If any symptoms occur while progressing through the GRTP programme, the player should rest a minimum 24 hours and until symptom free and then may return to the previous stage.	ms occur while progressing throug 24 hours and until symptom free	If any symptor	SY		REVIEW BY HCP	
Minimum 24 hours	REVIEW BY HC	Minimum 24 hours	Minimum 24 hours	Minimum 24 hours	MPTOM FREE	14 days (incl. Stage 1)  Must be symptom free before progressing to Stane 28	24-48 Hours RECOMMENDED	ADULT

48 hours and until symptom free and then may return to the previous stage.

EARLHEST RETURN TO PLAY: 23 DAYS

Minimum 48 hours

EARLHEST RETURN TO PLAY: 19 DAYS

Minimum 24 hours