

CONCUSSION

GRADUATED RETURN TO PLAY (GRTP)

KEY CONSIDERATIONS:

- Symptoms must be progressively improving.
- A player must be symptom free for 14 days prior to commencing step 4.
- If symptoms worsen, rest for 24hrs and then try again but drop back a step.
- If symptoms persist, seek medical advice.
- Minimum timeframe of 24 hrs between steps before progressing.

REHABILITATION STEP	RECOMMENDED ACTIVITY	GOAL OF STEP	MINIMUM TIME
1. Relative rest	Activities of daily living and reduced screen time.	Gradual reintroduction of school / work.	Days 1–2
2. Light to moderate exercise	Symptom-guided low to moderate intensity activity such as walking or jogging.	Increase heart rate and monitor tolerance to exercise.	Days 2–14
3. Individual sport-specific exercise	Individual training (e.g. running, change of direction, burpees) no risk of head impact.	Add movement. Tolerate changes in direction and body orientation.	
4. Non-contact training drills	Include more challenging drills (e.g. multiplayer training, passing). Re-introduce weight training.	Resume usual intensity of exercise, coordination, and increased thinking.	Days 14–18
SEEK MEDICAL CLEARANCE			
5. Build to full contact training	Build into participating in normal training activities, including contact drills.	Restore confidence and assess recovery.	Day 18–20
6. Return to play	If symptom free through Step 5, then eligible for match participation after a minimum of 24hrs.	Full return to play with no restrictions.	Earliest Day 21

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 nzrugby.co.nz/concussion

RECOGNISE / REMOVE / RECOVER / RETURN

