

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	STAGE 5 Full Contact Practice	STAGE 6 Return to Play
OBJECTIVE	Recovery	Return to normal activities (as symptoms permit) No symptoms at the end of the 14 days	Increase heart rate	Add movement	Exercise, coordination and cognitive load A return to learning/work must be achieved before returning to sport	Restore confidence and assess functional skills	Exercise, coordination and cognitive load
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	Following medical review. Return to normal training activities	Normal game play
DURATION (MINS)	No Training	No Training	Less than 20 mins	Less than 45 mins	Less than 60 mins		
% MAX HEART RATE	No Training	No Training	Less than 70%	Less than 80%	Less than 90%		

ADULT	24-48 Hours	14 days (incl. Stage 1)	SYMPTOM FREE	Minimum 24 hours	Minimum 24 hours	Minimum 24 hours	REVIEW BY HCP	Minimum 24 hours	Minimum 24 hours	EARLIEST RETURN TO PLAY: 19 DAYS
				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.						

U19 & BELOW	24-48 Hours RECOMMENDED REVIEW BY HCP	14 days (incl. Stage 1) Must be symptom free before progressing to Stage 2B	SYMPTOM FREE	Minimum 48 hours	Minimum 48 hours	Minimum 48 hours	REVIEW BY HCP	Minimum 48 hours	Minimum 48 hours EARLIEST RETURN TO PLAY: 23 DAYS
				If any symptoms occur while progressing through the GRTP programme, the player should rest a minimum 48 hours and until symptom free and then may return to the previous stage.					