

# Graduated return to play

All players diagnosed with a concussion or suspected concussion must go through the Graduated Return to Play process (GRTP). Some sports have slightly different timeframes around the process but the steps are the same.

## Step 1. Complete rest



Avoid physical activity, thinking tasks and screens

Guide to time frame at step = 24 hours

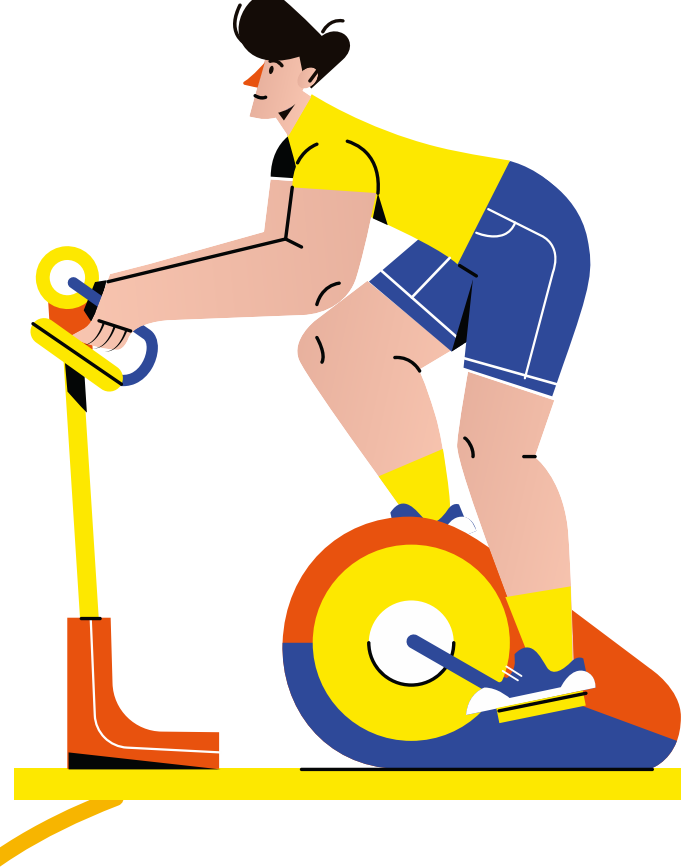
## Step 2a. Daily activities that don't cause symptoms

Symptom-guided activities such as walking, jogging or stationary cycling



Guide to time frame at step = 14 days

## Step 2b. Light Aerobic Exercise



Symptom guided low to moderate intensity activities.

e.g light jogging, swimming, stationary cycling etc

Guide to time frame at step = 24 hours

It is recommended to start this at day 15 if non-symptomatic

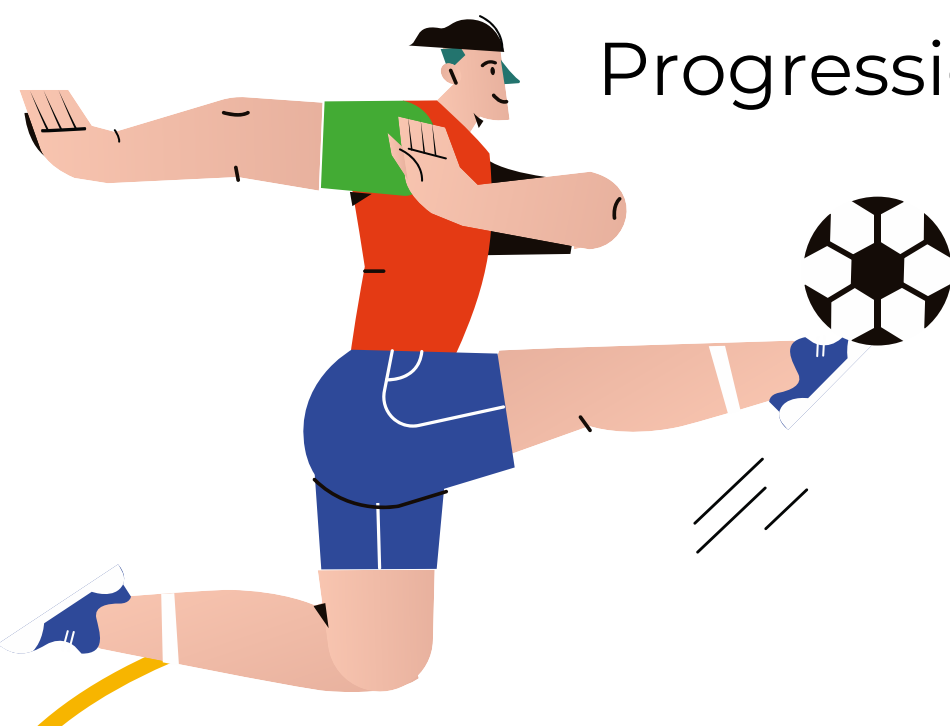
## Step 3. Sport-specific exercise

Running drills, activities with no risk of head impact



Guide to time frame at step = 24 hours

## Step 4. Non-contact training



Progression to more complex training drills e.g. passing, catching. Can add in weight/resistance training

Guide to time frame at step - 24 hours

If the player has not yet returned to school or work they should not start step 5

## Medical clearance from a doctor



Before the next step which is a full-contact training ensure that a doctor has cleared the person to return to full training

## Step 5. Return to full training

May participate in normal training activities if medical clearance has been given.

If the sport involves contact the player may participate in this at training.



Guide to time frame at step - 24 hours

## Step 6. Return to play



As long as no symptoms return after the full training session then the player is fully rehabilitated.

Continue to monitor if symptoms return consult with your doctor and stop participation in the sport until given the all-clear.