








# Concussion Guidance

## Graduated Return To Play (G RTP) Programme for the Community Game

Rehabilitation Stage		Minimum Time	
		Under 19	19+
<b>1 Complete Mental and Physical Rest</b> NB: Only move to the next stage if you are symptom-free at the end of the current stage 		24 Hours	24 Hours
<b>2 Daily Activities that Don't Cause Symptoms</b> Which may include non-structured light exercise 		14 Days Including minimum 24 hours complete rest (above)	7 Days Including minimum 24 hours complete rest (above)
<b>3 Light Aerobic (Structured) Exercise</b> Symptom-guided low to moderate intensity activities e.g. light jogging, swimming, stationary cycling, etc. 		24 Hours Player can start this structured exercise phase at the earliest on Day 15 if non-symptomatic	24 Hours Player can start this structured exercise phase at the earliest on Day 8 if non-symptomatic
<b>4 Sport-Specific Exercise</b> Running drills. Activities with no risk of head impact 		24 Hours	24 Hours
<b>5 Non-Contact Training</b> Progression to more complex training drills e.g. passing, catching. May start progressive resistance training. (Players cannot undertake Stage 5 if they have not returned to education or work) 		24 Hours	24 Hours
<b>6 Full Contact Practice</b> Following medical clearance* Normal training activities (contact training) 		24 Hours	24 Hours
<b>7 Return to Play!</b> 			

### At a Glance ...

	Under 19	19+
Earliest time to return to non-contact training	Day 17	Day 10
Earliest time to return to full contact training	Day 18	Day 11
Earliest time before player can return to play	19 Days	12 Days

\* Medical Assessment if Available

World Rugby strongly recommends that all players seek the highest level of medical care available following concussion, or suspected concussion



**WORLD RUGBY**  
Putting players first