

Concussion Recovery.

A concussion affects a person's ability to think and move. To ensure a full recovery and get safely back to school, work and sport it's important to follow best practice. This means following the Graduated Return to Learn/Work protocol, and completing the Graduated Return to Play if returning to sport.

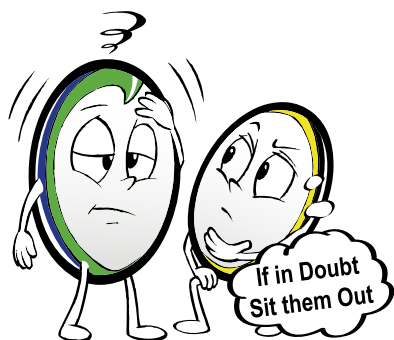
Graduated Return to Learn/Work (GRTL/W)

You may need to miss a few days of school/work. You must be completely back to school/work before you return to sport. Start gradually, if something makes your symptoms worse, stop that activity and rest until you feel better.

Stage	Activity at Each Step	Goals of Each Stage
1 Things that do not give you symptoms	Things you would normally do (e.g. reading, texting, screen time) as long as they do not increase symptoms (e.g. headaches, dizziness, fatigue). Start with 5-15 min at a time and gradually build up	No symptoms with things that you would do at home
2 School / work activities at home	Reading, checking emails, homework or other thinking tasks	No symptoms with school or work tasks completed at home
3 Return to school/work part-time	Gradually return to school/work. May need to start with a half day at school/work or take breaks during the day	Return gradually, guided by symptoms. Start part-time and take breaks when needed
4 Return to school / work full-time	Gradually return to school/work until a full day can be tolerated, may need to take breaks during the day to rest your brain	Return to school/work full-time guided by symptoms





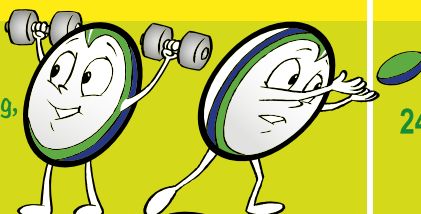


If you continue to have symptoms with mental activity, stop the activity until symptoms ease, or consider doing the following:

- Start school/work later, only going for half days, or going only to certain classes.
- Allow extra time to finish projects/tasks.
- Work in a quiet room and avoid noisy areas.
- Take regular breaks during the day.
- Avoid doing more than one exam per day.
- Complete repetition/memory cue exercises.
- Use a student helper/tutor.



Concussion Guidance

Graduated Return To Play (GRTp) Programme for the Community Game

Rehabilitation Stage		Minimum Time	
NB: Only move to the next stage if you are symptom-free at the end of the current stage		Under 19	19+
1	Complete Mental and Physical Rest 	24 Hours	24 Hours
2	Daily Activities that Don't Cause Symptoms  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)
3	Light Aerobic (Structured) Exercise  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
4	Sport-Specific Exercise  Running drills. Activities with no risk of head impact	24 Hours	24 Hours
5	Non-Contact Training 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
6	Full Contact Practice Following medical clearance * Normal training activities (contact training) 	24 Hours	24 Hours
7	Return to Play! 		

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



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