



ADULT GRADUATED RETURN TO PLAY (GRTP)

STAGE	Minimum time at each Stage of GRTP	Activity Level	Suggested Exercise at each stage of GRTP	Objective
1	14 DAYS	NO ACTIVITY FOR 14 DAYS	Symptom limited physical & mental rest	Recovery
CLEARANCE BY AN APPROPRIATELY QUALIFIED HEALTH CARE PROFESSIONAL RECOMMENDED				
2	DAY 15	Light aerobic exercise	Walking, swimming or stationary cycling Keeping intensity. <70% maximum predicted heart rate.	Increase heart rate
3	DAY 16	Sport specific exercise	Running drills – NO IMPACT.	Add movement
4	DAY 17	Non-contact training drills	More complex training drills eg passing drills. May start progressive resistance training.	Exercise, co-ordination and cognitive load.
5	DAY 18 - 20	Full contact practice	Normal training activity	Restore confidence & coaching staff to assess functional skills
MUST HAVE CLEARANCE IN WRITING THROUGH AN APPROPRIATELY QUALIFIED HEALTH CARE PROFESSIONAL				
6	DAY 21 Earliest RTP	Return to play	Normal training and/or match activity	Recovery complete



UNDER 18's & BELOW GRADUATED RETURN TO PLAY (GRTP)

STAGE	Minimum time at each Stage of GRTP	Activity Level	Suggested Exercise at each stage of GRTP	Objective
1	14 DAYS	NO ACTIVITY FOR 14 DAYS	Symptom limited physical & mental rest	Recovery
CLEARANCE BY AN APPROPRIATELY QUALIFIED HEALTH CARE PROFESSIONAL RECOMMENDED				
2	DAY 15 & 16	Light aerobic exercise	Walking, swimming or stationary cycling Keeping intensity. <70% maximum predicted heart rate.	Increase heart rate
3	DAY 17 & 18	Sport specific exercise	Running drills – NO IMPACT.	Add movement
4	DAY 19 & 20	Non-contact training drills	More complex training drills eg passing drills. May start progressive resistance training.	Exercise, co-ordination and cognitive load.
5	DAY 21 & 22	Full contact practice	Normal training activity	Restore confidence & coaching staff to assess functional skills
MUST HAVE CLEARANCE IN WRITING THROUGH AN APPROPRIATELY QUALIFIED HEALTH CARE PROFESSIONAL				
6	DAY 23 Earliest RTP	Return to play	Normal training and/or match activity	Recovery complete