

THE PERSON NAMED IN

# RETURN TO PLAY

- 24 48 HOURS OF COMPLETE REST (PHYSICAL AND MENTAL) CONSULT YOUR DOCTOR FOR CLEARANCE BEFORE STARTING A RETURN TO PLAY (RTP) PROGRAM
- THE RTP SHOULD BE SUPERVISED BY YOUR DOCTOR OR TRAINER EXPERIENCED IN THE RTP PROGRAM
- CHILDREN UNDER 19 YEARS OLD SHOULD PROGRESS SLOWER THROUGH THE RTP PROGRAM (TWICE AS LONG)
- RETURN TO SCHOOL/WORK WITHOUT SYMPTOMS BEFORE STARTING A RETURN TO PLAY PROGRAM

### 1. SYMPTOM-LIMTED ACTIVITY

NORMAL DAILY ACTIVITIES THAT DON'T MAKE SYMPTOMS ANY WORSE OR PROVOKE NEW ONES

#### 2. LIGHT AEROBIC EXERCISE

WALKING OR EXERCISE BIKE (SLOW TO MEDIUM PACE)

#### 3. SPORT SPECIFIC EXERCISE

RUNNING DRILLS (NO CONTACT ACTIVITIES)

#### 4. NON-CONTACT TRAINING DRILLS

PROGRESS TO MORE COMPLEX TRAINING DRILLS E.G PASSING DRILLS MAY START LIGHT PROGRESSIVE RESISTANCE/WEIGHT TRAINING

## **5. FULL CONTACT TRAINING**

ONLY AFTER FULL DOCTOR CLEARANCE COACHES TO CHECK TACKLING TECHNIQUE

## 6. RETURN TO PLAY

NORMAL GAME/MATCH PLAY

EACH STAGE SHOULD TAKE AT LEAST 24 HOURS. IF ANY SYMPTOMS WORSEN OR DEVELOP DURING ANY STAGE THEN STOP, WAIT FOR SYMPTOMS TO RESOLVE AND REST FOR 24 HOURS BEFORE STARTING AT THE PREVIOUS STAGE

For more info please see your Accredited Sports Trainer and



















