

RETURN TO SPORT STRATEGY ADULTS (U19-OPEN)

DAY 1
FIRST DAY
POST INJURY

Relative Rest (reduced daily activities and reduced screen time) &
Seek medical assessment by a medical practitioner (doctor).

DAY 2
STEP 1

Exercise strategy - Symptom-limited activity
Activity - Daily activities that do not exacerbate symptoms (eg walking)

DAY 3
STEP 2

Exercise strategy - Aerobic Exercise
Activity - start with **light** stationary cycling or walking - ensure heart rate is MAX 55% if symptoms do not increase **then** continue with **moderate** stationary cycling or walking - ensure heart rate is MAX 70%

DAY 4
STEP 3

Exercise strategy - Individual sport-specific exercise - NON CONTACT
Activity - running, change of direction and/or individual non-contact training drills

If after the completion of DAY 4, concussion symptoms are still evident then DAY 4 must be repeated until they are resolved.

DAY 5 must begin only when all concussion symptoms are resolved.

DAY 5
STEP 4

Exercise strategy - Team sport-specific exercise - NON CONTACT
Activity - high intensity exercise training drills. eg passing drills, multiplayer non contact training

DAY 6

Visit the GP to have the NRL Head Injury/Concussion Clearance Form completed.

DAY 7-10
STEP 5

Exercise strategy - Full Contact Practice
Activity - Normal training activities

DAY 11
STEP 6

Exercise strategy - Return to Sport
Activity - Normal game play

If at any point during days 5-10, the concussion symptoms return either during or after exercise, then you are to return to Day 4 and remain there until all symptoms have resolved. Once all symptoms have resolved, you then continue to day 5, then 6 etc.

RETURN TO SPORT STRATEGY CHILDREN (U6-U18)

DAY 1-2
FIRST DAY
POST INJURY

Relative Rest - reduced daily activities and reduced screen time. Screen time can start with 5-15mins at a time and increase from there if the symptoms don't worsen & **Seek medical assessment by a medical practitioner (doctor).**

DAY 3-4
STEP 1

Exercise strategy - Symptom-limited activity
Activity - Daily activities that do not exacerbate symptoms (eg walking)

DAY 5-6
STEP 2

Exercise strategy - Aerobic Exercise
Activity - start with **light** stationary cycling or walking - ensure heart rate is MAX 55% if symptoms do not increase **then** continue with **moderate** stationary cycling or walking - ensure heart rate is MAX 70%

DAY 7-8
STEP 3

Exercise strategy - Individual sport-specific exercise - NON CONTACT
Activity - running, change of direction and/or individual non-contact training drills

**If after the completion of DAY 8, concussion symptoms are still evident then DAY 7-8 must be repeated until they are resolved.
DAY 9 must begin only when all concussion symptoms are resolved.**

DAY 9-10
STEP 4

Exercise strategy - Team sport-specific exercise - NON CONTACT
Activity - high intensity exercise training drills. eg passing drills, multiplayer non contact training

DAY 11

Visit the GP to have the NRL Head Injury/Concussion Clearance Form completed.

DAY 12-18
STEP 5

Exercise strategy - Full Contact Practice
Activity - Normal training activities

DAY 19
STEP 6

Exercise strategy - Return to Sport
Activity - Normal game play

If at any point during days 9-18, the concussion symptoms return either during or after exercise, then you are to return to Day 7-8 and remain there until all symptoms have resolved. Once all symptoms have resolved, you then continue to day 9, then 10 etc.