

# 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 systems 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.**