

RNC Concussion Graduated Return to Play Progression

Athlete Name:

Injury Date:

Club:

Before beginning graduated return to play protocol, athlete must have completed 2 week rest period and be 100% symptom free. It is recommended athlete sees a physician prior to beginning return to play process. Common concussion symptoms to check the athlete for include: headache, dizziness, problems focusing or remembering, neck pain, confusion or irritability, unusual behavior, visual problems such as blurry or double vision, complaint of feeling foggy mentally or simply 'not feeling right'.

Date:	Date:	Date:	Date:
Stage 1	Stage 2 (24 hours after passing stage 1)	Stage 3 (24 hours after passing stage 2)	Stage 4 (24 hours after passing stage 3)
Bike or jog 10 minutes Rest 5 minutes Check for symptoms Bike or jog 10-20 minutes Check for symptoms	Bike or jog 5 minutes Check for symptoms COMPLETE BOTH CIRCUITS, IN ORDER Circuit #1 - complete 3 rounds 10 Bodyweight Squats 10 Situps 10 Pushups Rest 5 minutes Check for symptoms Circuit #2 - complete 3 rounds 10 Burpees 10 Jumping Jacks 10 Mtn. Climbers	Active / Dynamic Warmup NO TOUCH RUGBY, BAG DRILLS OR TACKLING DRILLS. NO LIVE PLAY OR 100% SPRINTING. Non-contact practice / drills (max 90 minutes) running, passing and catching drills, conditioning, running Check for symptoms	Active / Dynamic Warmup Full Practice No restrictions, monitor athlete Check for symptoms during and after
Monitor athlete for symptoms and only progress to next stage after 24 hours AND athlete is symptom free.	Monitor athlete for symptoms and only progress to next stage after 24 hours AND athlete is symptom free.	Monitor athlete for symptoms and only progress to next stage after 24 hours AND athlete is symptom free.	Once all stages of return to play progression are complete, scan and email to Marti Blum at mblum@rugbynorcal.org along with physician medical clearance note and athlete will be cleared to return to rugby matches and competition.
Monitored by:	Monitored by:	Monitored by:	Monitored by: