

Rugby Return-to-Sport Strategy
Developed by Rugby Canada and World Rugby

Stage	Rehabilitation Stage	Exercise Allowed	Objective
1	Initial rest (physical and cognitive)	No driving or exercise. Minimise screen time. Consider time off or adaptation of work or study.	Recovery
2a Symptoms persist at 24 hours	Symptom-limited activities	Initially activities of daily living that do not provoke symptoms. Consider time off or adaptation of work or study.	Return to normal activities (as symptoms permit)
2b Symptom free at 24 hours	Light aerobic exercise	Light jogging for 10-15 minutes, stationary cycling at low to moderate intensity. No resistance training. Symptom free during full 24-hour period.	Increase heart rate
3	Sport-specific exercise	Running drills. No head impact activities.	Add movement
4	Non-contact training drills	Progression to more complex training drills, e.g., passing drills. May start progressive resistance training.	Exercise, coordination and cognitive load. A return to learning must be achieved before returning to sport.
5	Full contact practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.