

## Rugby Return-to-Sport Strategy

*Developed by Rugby Canada and World Rugby*

Stage	Rehabilitation Stage	Exercise Allowed	Objective
<b>1</b>	Initial rest (physical and cognitive)	No driving or exercise. Minimise screen time. Consider time off or adaptation of work or study.	Recovery
<b>2a</b> 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)
<b>2b</b> 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
<b>3</b>	Sport-specific exercise	Running drills. No head impact activities.	Add movement
<b>4</b>	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.
<b>5</b>	Full contact practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
<b>6</b>	Return to sport	Normal game play	

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