



## SPORT SPECIFIC RETURN-TO-SPORT STRATEGY

Both the Medical Assessment Letter and Medical Clearance Letter contain a Sport Specific Return-to-Sport Strategy sourced from the 5<sup>th</sup> *International Conference on Concussion in Sport* held in Berlin in 2016. This strategy has been included as it has been widely circulated within Canada, and thus medical practitioners in Canada may be more likely to be familiar with this strategy than the World Rugby Graduated Return to Play (GRTP) program. Please note, The Sport Specific Return-to-Sport Strategy and World Rugby Graduated Return to Play (GRTP) program directly align.

### World Rugby Graduated Return to Play (GRTP) Program Table

REHABILITATION STAGE	EXERCISE ALLOWED	OBJECTIVE
1. Initial Rest (Physical and Cognitive)	Normal activities of daily living which do not worsen symptoms, vigorous activity should be avoided. Relative cognitive rest, limiting screen time etc. Ensure symptoms continue to improve or remain absent.	Resolution of symptoms
2a. Symptom-limited activities (symptoms persist at 24 hours)	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. Light aerobic exercise (ensure symptoms continue to improve or remain absent)	Light jogging for 10-15 minutes, swimming or cycling at low to moderate intensity. No resistance training. Ensure symptoms continue to improve or remain absent.	Increase heart rate
3. Sport Specific Exercise	Running drills. No head impact activities.	Add movement
4. Non-contact training drills	Progression to more complex 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*	Normal training activities	Restore confidence and assess functional skills by coaching staff.
6. Return to sport	Normal game play	

\* Prior to entering this stage, the player must obtain a signed copy of the Rugby Alberta Medical Clearance Letter from a medical doctor or nurse practitioner clearing them of any concussion symptoms.

**For more information on Rugby Alberta's Blue Card Initiative please go to**

**[www.rugbyalberta.com/bluecard](http://www.rugbyalberta.com/bluecard)**