RETURN TO PLAY 18'S & UNDER

Sample 19 Day Return to Sport (RTS) Return to Learn(RTL) • Day of Injury • Relative Rest – Reduced screen time • Initial Assessment with Medical Practitioner • Relative Rest - Reduced screen time Relative Rest Gradual return to cognitive load Day 3 Symptom Limited Activity Homework/Reading Symptom Limited Activity Return to School part time Day 5 Aerobic Exercise – Light (55% max HR) Return to school full time Aerobic Exercise – Light (55% max HR) Day 7 Aerobic Exercise – Moderate (70% max HR) Aerobic Exercise – Moderate (70% max HR) • Individual Sport Specific Exercise • Individual Sport Specific Exercise Non-Contact Training Drills MUST be symptom free before beginning this step • Non-Contact Training Drills Follow Up Assessment with Medical Practitioner •NRL Head Injury/Concussion Medical Clearance Form MUST be completed Recovery Supervised Unrestricted (Contact) Training Recovery Supervised Unrestricted (Contact) Training • Available to return to play

RETURN TO PLAY 19 +

Sample 11 Day Return to Sport (RTS)

Day 0	Day of Injury
Day 1	Relative Rest Initial Assessment with Medical Practitioner
Day 2	• Relative Rest
Day 3	Symptom Limited Activity
Day 4	• Aerobic Exercise – Light (approx. 55% maxHR)
Day 5	• Aerobic Exercise – Moderate (approx. 70% maxHR)
Day 6	• Individual Sport Specific Exercise
	Non-Contact Training Drills
Day 7	MUST be symptom free before beginning this step
Day 8	• Follow Up Assessment with Medical Practitioner •NRL Head Injury/Concussion Medical Clearance Form MUST be completed.
Day 9	Supervised Unrestricted (Contact) Training
Day 10	• Recovery
Day 11	Available to return to play