



HRFU **ADULT and YOUTH** checksheet for Player GRAS

(Graduated Return to Activity & Sport Record) *Version 4 - Updated Oct-26*

Name of Player _____ Date of concussion ____/____/____

****Please ensure this incident has been reported to HRFU using the online concussion webform****

Rehabilitation stage	Exercise allowed	Objective	Requirement	Date
Week 1: Stage 1: day 0 - 2	Initial Relative Rest Complete body and brain rest for minimum 24 hours (Avoid reading, TV, computer/screenwork, no driving, no alcohol)	Rest	Initial symptoms resolving. Mild symptoms may persist.	Started (date of incident): Completed:
Week 1: Stage 2/3: days 3 – 7	Return to Daily Activities & Light Physical Activities / Aerobic Exercise & low Level Body Weight Resistance Training Gentle walking, day-to-day tasks at home, work or school. Return to daily activities and light physical activities. Increase activity to light aerobic exercise, gentle jogging for 10-15 minutes, swimming or stationary cycling at low to moderate intensity and low-level body-weight resistance training.	Gradual Recovery	No significant exacerbation of symptoms with very gentle exercise	Completed:
Minimum rest period in week 1 is 7 days – may be longer if initial symptoms do not resolve during stage 1				
Week 2: Stage 4: earliest day 8	Ruby-Specific Non-Contact Training Drills & Weight Resistance Training Minimum 7 more days	Increase aerobic activity and add rugby-specific non-contact exercise. Weight resistance training permitted, gradual increase in intensity. No head impact activities.	Increase heart rate, encourage circulation and healing. Exercise, coordination and cognitive load	No significant exacerbation of symptoms with increasing levels of exercise. Player not to start Stage 5 until 14 days symptom-free
RFU's Online Concussion Module should be completed by player during week 2 or 3 and before the stage 5 Assessment takes place https://www.englandrugby.com/headcase-e-learning				Completed:
Week 3: Stage 5: earliest day 15	Full Contact Practice Minimum 7 more days	Full contact practice – under supervision of a qualified coach and qualified Emergency First Aider. Undertake Stage 5 RTP Assessment during this week	Restore confidence and assess functional skills by coaching staff	No significant exacerbation of symptoms with increasing levels of exercise Completed:
Stage 5 Return to Play Assessment conducted on(date):				
Stage 6: earliest day 21	Return to play (Strictly no return to play before Day 21)	Player rehabilitated subject to satisfactory Stage 5 RTP Assessment (no symptoms for 48 hours after assessment)	Full recovery	All symptoms resolved, no persisting symptoms. Date:
Coach/First Aider monitoring GRAS: _____ Signature : _____ Player/Parent: _____ Signature : _____				
HRFU/RFU advises that if any symptoms persist beyond 28 days, player should see GP to check progress of recovery. This form is for player and club use only – It does not need to be sent to Hampshire RFU on completion				