

SRU Return to Sport (RTS) Programme (Individualised but minimum 21 days)



Players:

- Under 19 years (including those playing senior rugby): Medical check by a doctor specialising in concussion, or an A&E doctor on the same day as the incident.
- Aged 19 and over: Should see a doctor specialising in concussion if symptoms increase or do not resolve promptly. A SCAT 6 or Child SCAT 6 assessment should be completed for all players by a doctor or healthcare professional specialising in concussion within 72 hours.

| Stage | Aim | Activity | Goal of Each Step | Date Completed | Practitioners Name (Print) and Signature |
|-------|---|---|---|----------------|--|
| 1 | Initial Rest (Physical and Cognitive) | Minimum 24 hours. No driving and only light activities that do not increase symptoms. Consider time off work or adjustments to work/study. | Recovery | | |
| 2a | Symptom-limited activity after initial 24 hours | Minimum 24 hours. Daily activities that do not provoke symptoms. | Gradual reintroduction of work/school and normal activities | | |
| 2b | Light aerobic exercise | Minimum 14 days. Walking or stationary cycling at a slow to medium pace. No resistance training. | Increase heart rate without provoking symptoms | | |

All Players:

- 1 Minimum 16 days for Stages 1-2b.
- 2 Review by a doctor (all U19s) or doctor/ healthcare professional specialising in concussion for clearance to start Stage 3.
- 3 Symptom check and SCAT 6 (or Child SCAT 6) completed if any prior tests were abnormal.

For Stages 3-5, if asymptomatic for a minimum of 24 hours after each stage, players may progress to the next stage.

Players should be monitored by a doctor or healthcare professional with experience in concussion management while completing Stages 3-5 and symptom check redone after Stage 5 .

| Stage | Aim | Activity | Goal of Each Step | Date Completed | Practitioners Name (Print) and Signature |
|-------|-----------------------------|---|---|----------------|--|
| 3 | Sport-specific exercise | Running drills. No head impact activities. | Add movement | | |
| 4 | Non-contact training drills | More intensive drills, e.g., passing drills. May start progressive resistance training. | Exercise, coordination, and increased thinking | | |
| 5 | Full contact practice | Participation in normal training activities. | Restore confidence and assess functional skills by coaching staff | | |
| 6 | Return to sport | Normal game play | Return to sport | | |

ALL PLAYERS: Completion of the RTS form by a doctor or healthcare professional specialising in concussion is required.

The signed form should be submitted to SRU medical at medical@SRU.org.sg, who will confirm clearance.

All players: Minimum 21 days and at least 14 symptom-free days are required for return to play.

SRU241105

SRU Return to Sport (RTS) Programme (Individualised but minimum 21 days)



| | |
|--|-----------|
| ALL PLAYERS: Completion of the RTS form by a doctor or healthcare professional specialising in concussion is required. | |
| The signed form should be submitted to SRU medical at medical@SRU.org.sg , who will confirm clearance. | |
| All players: Minimum 21 days and at least 14 symptom-free days are required for return to play. | SRU241105 |