

GRADUATED RETURN TO ACTIVITY AND SPORT (GRAS)

STAGE 1

Recovery & Relative Rest Period
(24 – 28 Hours)

STAGE 2

Return to Life Activities
(From 48 Hours – Day 7)

STAGE 3

Return to Light Aerobic Exercise
(From Day 8)

STAGE 4

Return to Non-Contact Rugby Training
(From Day 10)

STAGE 5

Return to contact Rugby Practice
(From Day 15)

STAGE 6

Return to Playing Matches
(From Day 21)

These guidelines and minimum timelines apply to all community players (children and adults)

For more information visit the [RugbySafe HEADCASE Toolkit](#)

**RECOGNISE, REMOVE
AND IF IN DOUBT,
SIT THEM OUT!**

