

15 January 2024

Dear All

The RFU have recently updated their 'Return to Play' concussion protocols. Please follow the link to see the new guidelines, with the main changes listed below.

[https://keepyourbootson.co.uk/wp-content/uploads/2023/11/GRAS-Progame\\_Aug\\_2023.pdf](https://keepyourbootson.co.uk/wp-content/uploads/2023/11/GRAS-Progame_Aug_2023.pdf)

- **Stage 1** – 24-48 hours initial relative rest, you may do some daily activities (walking, reading etc). There should be limited screen time during this period.
- **Stage 2** – Following a minimum of 24hrs initial rest period a player can increase daily activities and light physical activities.
- **Stage 3** - As long as a player suffers no symptoms after 48 hours, they can begin aerobic exercise and body weight training in the gym.
- **Stage 4 (Day 8)** - You can return to non-contact rugby training and weights in the gym. A player cannot undertake Stage 4 any earlier than 8 days.
- **Stage 5 (Day 15)** - Return to contact rugby training. A player cannot undertake Stage 5 any earlier than 15 days and they must have had 14 days with no symptoms before moving on to Stage 5.
- **Stage 6 (Day 21)** - Return to play – please note that 21 days is the earliest a player can return to play and it may take longer, depending on symptoms.

As a school we will be adopting this approach with all students, regardless of the sport they participate in. As always, if we have any doubt with a student, we will be cautious in our approach and remove them from the activity so they can be assessed.

If you do have any specific questions on the new protocols, please feel free to contact me directly.

Kind regards  
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