



Information per
Concussion
Recognition
Tool 6 (CRT6)
guidance

RETURN-TO-CONTACT CHECKLIST

SHRED
CONCUSSIONS

UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Sport Injury Prevention Research Centre

ATHLETE INFORMATION

Full Name:

Team:

Age:

Sex: ☐

Male ☐

Female ☐

CONCUSSION INFORMATION

Date of concussion:



Date of symptom-free at rest:



Date of medical clearance:



Date of full return to sport:



Rules:

Have the athlete rate their symptoms and contact readiness prior to and after starting each session and record below.

✓ OK to continue: if symptoms increase ≤ 2 on the 0-10 point scale and settle within 60 min. Each stage takes a minimum of 24 hours. Encourage at least one practice session at stages 1-3, at least 2 practice sessions of stages 4-6.

✗ Stop: if symptoms increase $> 2 \rightarrow$ try again tomorrow.

⚠ Stages 4-6: concussion symptoms must have resolved. Requires written documentation of clearance and readiness by a medical doctor or nurse practitioner.

How do you feel right now?



0 1 2 3 4 5 6 7 8 9 10
Feel great no symptoms Worst I have ever felt

How ready do you feel for contact activities today?



0 1 2 3 4 5 6 7 8 9 10
Not at all ready Fully ready

Concussion Return-to-Contact: The 6-Stage Safety Pathway

When a player takes a hard impact to the head, face, or body



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Recognition and Immediate Action

Urgent "Red Flags" requiring medical care
Immediately transport to hospital, if they present seizures, loss of consciousness, neck pain, or repeated vomiting

Visible clues and symptoms
Look for balance issues, disorientation, headaches, or emotional changes like increased irritability or sadness

The "Recognise and Remove" Rule
Immediately remove the athlete from play, do not return to activity until medically assessed

Follow-up with a nurse or medical doctor

Graduated return to sport

1 Symptom limited activities
Daily activities that do not increase symptoms

2 Aerobic exercise
Progressively increase aerobic activity
Non-contact body positioning

3 Sport-specific exercise
Speed and skill work without risk of head impact
Non-contact body positioning

Follow-up with a nurse or medical doctor*
*Player symptoms must be resolved

4 Non-contact training drills
Exercise to high intensity including training drills
Can integrate into team activities

5 Controlled contact
Participate in normal activities
Controlled contact tackles and ball-carries at reduced speeds and forces

6 Full contact
Participate in normal activities
Full contact tackles and ball-carries at speeds with full force

Return to sport
Full return to normal game play

How to use this checklist:

1. Complete the symptom and contact readiness ratings before and after each session.
2. Follow activities based on your current rugby contact phase (1-5B).
3. Tick activities once completed successfully.
4. If symptoms increase by more than 2 points, stop and return to the previous stage.
5. Progress only if symptoms settle within 60 minutes and activities are completed with confidence and competence.

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Follow-up with nurse or medical doctor.
Symptoms must be resolved

		2 Reconnect		3 Movement		4 Decision-making		5A Controlled Contact		5B Full Contact		6	
Date													
Rugby contact phase (1-5)													
Pre-session symptom (0-10)													
Pre-session contact readiness (0-10)													
CONTACT PREPARATION ACTIVITIES	A) Mobility	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		Linear animal movements		Lateral animal movements		Partner carries		Partner carries		Around the world			
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		Nod & lift		Nod & lift		Nod & lift		Nod & lift		Nod & lift			
	B) Neck reactions, strength & stabilisation	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		Bear crawl neutral neck		Cheek to cheek		Cheek to cheek		Front neck bridge		Front neck bridge			
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		Standing partner nudges		Bear crawl partner nudges		Bear crawl partner nudges		Bear crawl partner nudges		Full grapple			
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	C) Balance	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		single leg partner balance		single leg partner balance		hopping partner balance		hopping partner balance		hopping partner balance			
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	D) Rolling, falling & landing			☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
				Teddy bear rolls		Backwards roll		Triangle roll		Shoulder to shoulder lift			
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
E) Shoulder conditioning					Forwards land		Shoulder to shoulder		Down up tackler stance				
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
					Sideways land		Tall plank partner pulls						
CONTACT TECHNIQUE ACTIVITIES	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
		Tackler static body position		Mirroring		Tracking zone of patience		Snap drop into impact		Full contact ruck protection			
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
		Change of angle into tackler position		Fall drop		Ball carrier evasion		One step wrap & clamp		Live tackle grids			
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
				Ball carrier body position		Presentation clock		Square up Acceleration					
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
				Dynamic ruck body position		Ruck entry approach		Climb in drill					
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
								Pre-loaded ruck battle					
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
							Static pre-loaded tackle						
Post-session symptom (0-10)													
Post-session contact readiness(0-10)													

RETURN TO SPORT