



GRADUAL RETURN TO ACTIVITY AND SPORT

This **SCRUMS** guide will detail how players can complete the **Gradual Return to Activity and Sport (GRAS)** protocol, following a reported Concussion on **SCRUMS**.

PLEASE NOTE: All concussions **MUST** be reported by the player's club / school using the injury reporting function on **SCRUMS**. For more information on injury management for club / schools and when a serious injury report is required, please visit the Scottish Rugby website [HERE](#).

WHAT IS THE GRAS PROTOCOL?

DAY 0 – 20: When a concussion is reported through **SCRUMS Injury Reporting** by the player's club / school, the **Gradual Return to Activity and Sport** protocol is initiated.

An email will be sent to the player (or parent/guardian) notifying them of the injury. This first email will contain a reminder of the **Gradual Return to Activity and Sport (GRAS)** protocol and provide links to where additional information to support this process can be found.

PLEASE NOTE: Following the injury report being submitted on **SCRUMS**, the players **SCRUMS** account will be locked, meaning they cannot be added to a team sheet for 21 days from the date of the concussion.

DAY 21: 21 days after the concussion the player (or parent/guardian) will receive a second email, asking them to confirm that they are completely symptom free at rest and following physical activity, that they have completed a Gradual Return to Activity and Sport (GRAS), and that they are ready to return to full competitive match play.

To do so the player (or parent / guardian) will be directed through the email to complete the **Return to Play Declaration**. Once confirmed by the player (or parent guardian), the player's record will be "unlocked" in SCRUMS.

PLEASE NOTE:

- Day of concussion is **day 0**.
- Return to **non-contact training** can occur when **symptom-free at rest** and after completion of Stage 2 and Stage 3 of the Gradual Return to Activity and Sport protocol. (**Ideally not before day 7**).
- Return to **contact training** can be considered when **symptom-free at rest for 14 days**.
- Return to **competitive games** is not before **day 21**.

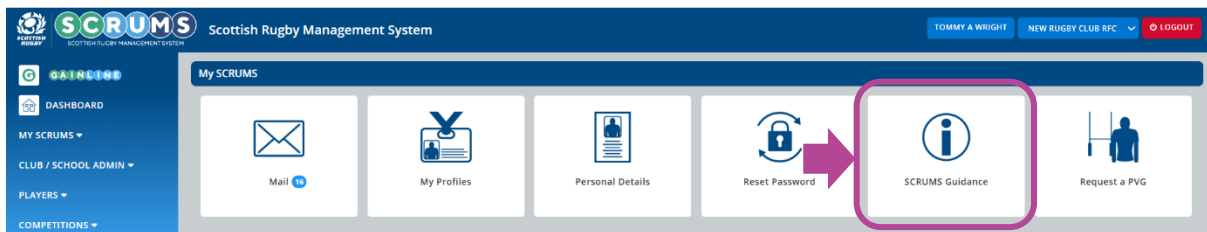


PLAYER: GRAS PROTOCOL DAY 0 - 20

CONCUSSION IS REPORTED

The concussion is reported in SCRUMS by the player's club / school.

PLEASE NOTE: Guidance for Clubs / Schools on Injury Reporting in **SCRUMS** can be found in the **SCRUMS Guidance** tile.



GRAS PROTOCOL IS INITIATED

After the concussion is reported in SCRUMS by the players club / school, a notification email will be sent to the player (or parent/guardian). This email is also copied to the SCRUMS administrators for all clubs / schools where the player is registered to play.

The player record is also updated once a concussion is reported. The **Injury Report** appears on the player's profile and there will be a red (!) next to the **Injury Type** to indicate that they are currently unavailable to play.

PLEASE NOTE: The number of days since the injury is also shown in brackets next to the date of the injury, as highlighted.

Injury Reports			
Injury Date	Return Date	Submitted By	Injury Type
29/11/2025 (13)		New Rugby Club RFC (Tommy A Wright)	Concussion (!)



PLAYER: GRAS PROTOCOL DAY 21

COMPLETE RETURN TO PLAY DECLARATION

On the morning of **Day 21** (at around 6am-7am), an email will be sent to the player (or parent/guardian). The email is also copied to the **SCRUMS** administrators for all clubs / schools where the player is registered to play.

This email is asking the player (or parent/guardian) to confirm that they are completely symptom free at rest and following physical activity, that they have completed a **Gradual Return to Activity and Sport (GRAS)**, and that they are ready to return to full competitive match play.

ADULT PLAYERS

The player needs to log in to **SCRUMS** to view and complete the **Return to Play Declaration**.

When they log in, they will see a screen like the one below. To unlock their **SCRUMS** account and be eligible to be added to teamsheets the player must:

1. Confirm that they are completely symptom free at rest and following physical activity
2. Confirm that they have completed a **Gradual Return to Activity and Sport (GRAS)**
3. Confirm that they are ready to return to full competitive match play.

To do so, press the **CONFIRM** button. Their **SCRUMS** account will then be unlocked, and the player will be eligible to be added to a teamsheets.

Serious Injury Report (Concussion) - you are currently unavailable for selection

Injury Date: 11/10/2025
Days Since Injury: 62

Your SCRUMS account has been locked so you cannot be added to a team sheet currently. As it has been 21 days or more since your injury, you can now unlock your SCRUMS account. To do this please confirm that you have fully recovered, having completed a Gradual Return to Activity and Sport (GRAS). A brief version of the GRAS is in the PDF document at the bottom of this page.

Following my recent concussion, I confirm that I am completely symptom free at rest and after physical activity, and I have completed a Gradual Return to Activity and Sport (GRAS) as detailed in the Concussion Information Pack provided by Scottish Rugby.

[CONCUSSION INFORMATION PACK](#)

CONFIRM



PLAYER: GRAS PROTOCOL DAY 21

PARENT REGISTERED YOUTH PLAYERS

For Youth Players who are registered by a parent / guardian on **SCRUMS**, the parent / guardian will be sent a unique link that will take them to a separate page to complete the **Return to Play Declaration**.

When they click that link, they will see a screen like the one below. To unlock their child / dependants' **SCRUMS** account and ensure they are eligible to be added to teamsheets the parent / guardian must:

1. Confirm that the player is completely symptom free at rest and following physical activity
2. Confirm that the player has completed a **Gradual Return to Activity and Sport (GRAS)**
3. Confirm that the player is ready to return to full competitive match play.

To do so, press the **CONFIRM** button. The youth players **SCRUMS** account will then be unlocked, and the player will be eligible to be added to a teamsheets.

SERIOUS INJURY REPORT (CONCUSSION) - PLAYER IS CURRENTLY UNAVAILABLE FOR SELECTION

Player Name (SCRUMS ID)
Bart Simpson (#130889)

Parent / guardian email address
scrumstesting678@gmail.com

Injury date
17/11/2025

Days since injury
25

This player's SCRUMS account has been locked so they cannot be added to a team sheet currently. As it has been 21 days or more since the injury, they can now unlock their SCRUMS account. To do this please confirm that the player has fully recovered, having completed a Gradual Return to Activity and Sport (GRAS). A brief version of the GRAS is in the PDF document at the bottom of this page.

As this player's parent / guardian and following their recent concussion, I confirm that they are completely symptom free at rest and after physical activity and have completed a Gradual Return to Activity and Sport (GRAS) as detailed in the Concussion Information Pack provided by Scottish Rugby.

Concussion Information Pack

CONFIRM

PLEASE NOTE: The Return to Play Declaration does not need to be completed on **Day 21** if the player has not fully completed the GRAS protocol.



PLAYER: GRAS PROTOCOL DAY 21

ALL PLAYERS

The Return to Play Declaration does not need to be completed on **Day 21**.

If the player has still not yet fully completed the GRAS protocol they should wait and only complete the declaration when they are ready to return to competition.

The declaration of readiness to return is made by the player (or parent / guardian) and does not constitute an assessment by Scottish Rugby.

The player (or parent / guardian) is responsible for ensuring they have fully recovered. Scottish Rugby advises seeking medical advice if the player or parent / guardian is uncertain, before signing the declaration.

Further information, if needed, can be found within the [CONCUSSION HUB](#)

PLEASE NOTE: Until the **Return to Play Declaration** is completed on SCRUMS by the player (or parent / guardian), the players **SCRUMS** account will remain locked, and they will be unavailable for teamsheet selection.