

# Updated GRTP Demo & Free GRTP Exam

**Basketball New Zealand**  
**COVID-19 Graduated Return to Play (GRTP)**  
 Guidelines for coaches and players to help transition through the RTP stages

<b>Stage 1</b> 7 days* (minimum)	<ul style="list-style-type: none"> <li>Minimum rest period (self-isolation). Household activities of daily living</li> <li>Light core strength exercises when feeling well enough</li> <li>Light body weight strengthening exercises when feeling well enough</li> <li>Light roller and stretching exercises may be useful at this stage</li> </ul>	
Self-isolation: After 7-days I have no worsening of symptoms or more fatigued than day before.		
<b>Stage 2</b> 2 days (minimum)	<ul style="list-style-type: none"> <li>Light aerobic activity (Running, Bike and Body weight circuits)</li> <li>Keep the intensity low (RPE 1-2) at &lt;70% HR<sub>max</sub> working for 15 minutes only</li> <li>Monitor how you feel the next day (must not be more fatigued than day before)</li> <li>To aid your recovery use the <a href="#">Recovery Checklist</a></li> </ul>	
Above neck symptoms only: After 2-days I have no worsening of symptoms or more fatigued than day before.		
<b>Stage 3a</b> 2 days (minimum)	<ul style="list-style-type: none"> <li>Increase the intensity of the activities working at &lt;80% HR<sub>max</sub> (RPE 3-4)</li> <li>Individual ball handling and shooting drills for 30 minutes only</li> <li>Check heart rate and modify intensity as necessary</li> <li>No more than 50% uppermost training load</li> </ul>	
Asymptomatic (No symptoms): After 2-days I have no worsening of symptoms or more fatigued than day before.		
<b>Stage 3b</b> 2 days (minimum)	<ul style="list-style-type: none"> <li>Progress to more complex training drills at RPE 5-6 for 45 minutes</li> <li>Perform conditioning activities at a heart rate &lt;80% HR<sub>max</sub></li> <li>Introduce competitive drills &lt;20% of session time</li> <li>No more than 70% uppermost training load</li> </ul>	
Actual training volume to equal 30% reduction uppermost planned training volume After 1-day I have no worsening of symptoms or more fatigued than day before.		
<b>Stage 4</b> 2 days (minimum)	<ul style="list-style-type: none"> <li>Resume team training at 80% uppermost training load</li> <li>Keep heart rate &lt;80% HR<sub>max</sub> and train for 60 minutes</li> <li>Competitive and contact work &lt;30% of session time</li> <li>Maximise recovery – use the <a href="#">Recovery Checklist</a> to aid recovery</li> </ul>	
Actual training volume to equal 20% reduction uppermost planned training volume After 2-days I have no worsening of symptoms or more fatigued than day before.		
<b>Stage 5</b> 2 days (minimum)	<ul style="list-style-type: none"> <li>Back into high intensity and full training leading into competition</li> <li>Manipulate training components as required to meet player needs</li> <li>Progress to live ball play situations</li> <li>Continue to monitor Health and Wellness status</li> </ul>	
<b>RETURN TO PLAY</b>		
<b>KEY POINTS</b> <ol style="list-style-type: none"> <li>Calculate your max heart rate: <math>220 - \text{age} = \text{HR}_{\text{max}}</math> (used to gauge your intensity)</li> <li>Continue to monitor how you feel the next day (Health, Wellness and Recovery status)</li> <li>Days allocated to each stage are a guide only (will differ based on the individual)</li> <li>Progression allowed when minimum days achieved with no worsening of symptoms or more fatigued than day before</li> </ol>		
<small>*New Zealand Government, Ministry of Health, People with COVID-19  <a href="https://www.health.govt.nz/our-work/covid-19-recovery-guidance">https://www.health.govt.nz/our-work/covid-19-recovery-guidance</a></small>		
<small>Adapted from:</small> <ol style="list-style-type: none"> <li>Elliff, N., et al. (2022). Infographic: Graduated return to play guidance following COVID-19 infection. <i>British Journal of Sports Medicine</i>, 34(9), 1704-1712.</li> <li>Bind, S.P., et al. (2022). Basketball New Zealand Guidelines: Safe return to training for players in preparation for a condensed National Basketball League season following COVID-19 restrictions. <i>New Zealand Journal of Sports Medicine</i>, 47(1), 49-53.</li> <li>NetsballSmart COVID-19 Care. Netsball New Zealand.</li> </ol>		
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Many companies arrange applicants to take certification exams since 1995 internationally such like Microsoft, Fortinet, Veritas, EMC, and HP. GIAC GRTP exam sample online was produced in 2001 and popular in 2008. So far many companies built long-term cooperation with exam dumps providers. Many failure experiences tell them that purchasing a valid GIAC GRTP Exam Sample Online is the best effective and money-cost methods to achieve their goal.

The GIAC GRTP certification exam offers a great opportunity for GIAC professionals to demonstrate their expertise and knowledge level. In return, they can become competitive and updated with the latest technologies and trends. To do this they just need to enroll in GIAC Red Team Professional (GRTP) certification exam and have to put all efforts and resources to pass this challenging GRTP exam. You should also keep in mind that to get success in the GIAC GRTP exam is not an easy task.

>> Updated GRTP Demo <<

## Get Trustable Updated GRTP Demo and Pass Exam in First Attempt

You do not need to think it is too late for you to study. As the saying goes, success and opportunity are only given to those people who are well-prepared! If you really long to own the GRTP certification, it is necessary for you to act now. We are willing to help you gain the certification. In order to meet the needs of all people, the experts of our company designed such a GRTP Guide Torrent that can help you pass your exam successfully.

## GIAC Red Team Professional Sample Questions (Q97-Q102):

### NEW QUESTION # 97

After revealing the red team's actions, what are critical next steps?

Multiple Correct Answers

Response:

- A. Planning for immediate re-engagement without addressing discovered issues
- B. Determining the necessity and scope of any follow-up assessments
- C. Discussing the findings with the relevant stakeholders
- D. Ignoring any feedback from the target organization's personnel

Answer: B,C

### NEW QUESTION # 98

What is the significance of acquiring a 'golden ticket' in the context of domain leverage?

Response:

- A. It allows unrestricted access to any network resource within the Active Directory
- B. It grants internet access without restrictions
- C. It signifies the completion of the penetration test
- D. It is a recognition of excellence in hacking skills

Answer: A

### NEW QUESTION # 99

In adversary emulation, what is the significance of using real-world TTPs?

Response:

- A. They simplify the process of incident response and recovery
- B. They are only necessary for compliance with legal requirements
- C. They help in complying with international cybersecurity standards
- D. They provide a basis for creating more realistic and challenging scenarios

Answer: D

### NEW QUESTION # 100

Which protocol is commonly used by attackers for C2 communications due to its ubiquitous nature and difficulty to detect?

Response:

- A. SNMP
- B. ICMP
- C. HTTP
- D. FTP

Answer: C

### NEW QUESTION # 101

What should be included in a comprehensive red team engagement report?

Response:

- A. Names of employees who failed the security tests
- B. Detailed descriptions of the exploited vulnerabilities
- C. Marketing strategies for the organization
- D. The red team's personal opinions on company culture

