

RETURN TO SPORT



IT IS VERY IMPORTANT THAT AN ATHLETE DOES NOT GO BACK TO SPORTS IF THEY HAVE ANY CONCUSSION SYMPTOMS OR SIGNS.

Return to sport and activity must follow a step-wise approach:

- 1 SYMPTOM- LIMITING ACTIVITY**
 - Daily activities that do not provoke symptoms
 - Goal of step one:** Gradual re- introduction of work/ school activities

- 2 LIGHT AEROBIC ACTIVITY**
 - Activities such as walking or stationary cycling
 - The athlete should be supervised by someone who can help monitor for symptoms and signs.
 - No resistance training or weight lifting
 - The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day
 - Goal of step two:** Increase heart rate

- 3 SPORT- SPECIFIC EXERCISE**
 - Activities such as light indoor rowing, active yoga, stretching
 - There should be no jarring motions such as high-speed agility training or jumping
 - No head impact activities
 - **Symptoms?** Return to the previous stage and only engage in activities as tolerated. If symptoms persist consult a physician
 - **No symptoms?** Proceed to Stage 4 after 24 hours
 - Goal of step three:** Add movement

- 4 BEGIN DRILLS WITHOUT BODY CONTACT / OFF WATER**
 - Activities such as boat work, boat rigging and resistance training can begin at this stage.
 - May start progressive resistance training
 - **Symptoms?** Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician
 - **No symptoms?** The time needed to progress will vary with the severity of the concussion and with the athlete. Proceed to Stage 5 only after medical clearance
 - Goal of step four:** Exercise coordination and increased thinking

- 5 RETURN TO SPORT - ON WATER PRACTICE**
 - Following medical clearance
 - In the context of sailing, this would mean coaches and instructors will allow sailors to return to on water training gradually increasing the challenge of the activity
 - Sailors may return to both training & competition at this stage
 - **Symptoms?** Return to previous stage and only engage in activities as tolerated. If activities persist, consult a physician
 - **No symptoms?** Proceed to Stage 6 after minimum of two on-water training sessions without symptoms.
 - Goal of step five:** Full engagement in training & competition

- 6 COMPETITION**
 - Return to sport with normal activities in training and competition
 - Goal of step six:** Engage in training and competition