

Concussion Management Return to Play Guidelines

Step 1

- No activity, complete rest
- Limit tasks requiring concentration. Refrain from physical activity until symptoms are gone. Once symptoms are gone, a physician, preferably Dr. Benson or another that performed baseline testing at the CSI should be consulted.

Step 2

- Light exercise such as stationary cycling. The athlete should be supervised by a coach who can monitor for symptoms and signs.
- 10-15 of activity at a time.

Step 3

- Sport specific activities such as rowing can begin. There should be no activity that may result in body contact or high speed movement / stops.
- No Weight Training.

Step 4

- Luge specific practice (starts in the icehouse)
- Cleared from medical doctor before continuing to step 5

Step 5

- Full sliding session, Track Walk, Dynamic warm up, sliding from a lower start height

Step 6

- Full sliding session, Track walk, Dynamic warm up, sliding from target start height

You must be symptom free for 24 hours after completing the step before moving to the next one. If the athlete experiences symptoms of concussion that comes back, either with activity or later that day, he/she must stop the activity immediately, rest until symptoms resolve (minimum of 24 hours), and start again from the previous step. Return to play will be individual to the athlete and their injury.