

Curling Return-to-Sport Strategy
Developed with Curling Canada

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms	Gradual re-introduction of work/school activities
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training <i>-Light intensity walking or stationary cycling for 15-20 minutes at sub-symptom threshold intensity</i>	Increase heart rate
3	Sport-specific exercise	Running/ dryland drills. No head impact activities <i>- Low intensity participation like throwing rocks. - The environment should be managed so as to ensure the participant is at minimum risk of falling or colliding with other participants. - The participant may also attempt basic balance drills</i>	Add movement
4	Non-contact training drills	Increase intensity, difficulty, and duration of training drills. <i>- May start progressive resistance training</i>	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance <i>- Participation in full training without activity restriction</i>	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Full participation in sport	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.