

Freestyle Skiing Return-to-Sport Strategy
Developed by Freestyle Canada

Stage	Activity Level	Freestyle Ski Context	Symptoms Present?	
			Yes	No
1	No activity, only complete rest	Minimum of 24-48 hours of rest. Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone.		A physician should be consulted before moving to step 2
2	Light aerobic exercise	<p>Activities such as walking or stationary cycling. Someone who can help monitor for symptoms and signs should supervise the player. 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.</p> <p>Follow this 2-step process with 24 hours of rest between each step.</p> <p>a) <i>Step 1 – 15 minutes on stationary bicycle, rest 24 hrs. If symptom free go to step 2</i></p> <p>b) <i>Step 2 – 60 minutes of more aggressive cardio work (75% of max Heart Rate) such as bike or jogging.</i></p>	Return to rest and step 1 until symptoms have resolved. If symptoms persist, consult a physician.	Proceed to Step 3 only if athlete is asymptomatic after 60 minute cardio session
3	Sport-specific activities	Gentle skiing on flat, easy terrain. No jumping or jarring movements. No bouncing on trampolines. Continuous skiing for 60 minutes.	Return to rest until symptoms have resolved then resume at step 2. If symptoms persist, consult a physician.	Proceed to Step 4 the next day if asymptomatic

4	Begin discipline specific drills (up to moderate intensity)	60 minutes of continuous discipline-specific training (on or off snow) <ul style="list-style-type: none"> - Skiing on moderate terrain with moguls - Skiing the halfpipe with small, easy jumps - Rising “ability appropriate” boxes/rails - No big air tricks - Small bouncing on trampoline or bounding drills 	Return to rest until symptoms have resolved then resume at step 3. If symptoms persist, consult a physician.	The time needed to progress from non-contact exercise will vary with the severity of the concussion and with the player. Proceed to Step 5 with Medical Clearance only.
5	Begin sport specific drills (up to full intensity)	Gradually increase the intensity of training to include all normal training activities	Return to rest until symptoms have resolved then resume at step 4. If symptoms persist, consult a physician.	Proceed to Step 6 the next day.
6	Game Play	Return to Competition		

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.