

RETURN TO SOCCER STRATEGY

Depending on the severity and type of the symptoms, players may progress through the following stages at different rates. Stages 2-4 should each take a minimum of 24 hours in adults, and longer in those 18 years and under.

If the player experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage and attempt to progress again after being free of concussion-related symptoms for 24 hour or seek medical attention.

	EXERCISE ALLOWED	% MAX HEART RATE	DURATION	OBJECTIVE
STAGE 0 REST	<ul style="list-style-type: none"> ▶ Rest ▶ NO activities 	No training	< 1-2 Days	Rest
STAGE 1 SYMPTOM LIMITED	<ul style="list-style-type: none"> ▶ Daily activities that do not provoke symptoms 		Until concussion symptoms clear	Recovery Symptom free
STAGE 2 LIGHT EXERCISE	<ul style="list-style-type: none"> ▶ Walking, light jogging, swimming, stationary cycling or at slow to medium pace ▶ NO soccer ▶ NO resistance training, weight lifting, jumping or hard running 	< 70%	< 15 min	Increase heart rate
STAGE 3 SOCCER-SPECIFIC EXERCISE	<ul style="list-style-type: none"> ▶ Simple movement activities ie. running drills ▶ Limit body and head movement ▶ NO head impact activities ▶ NO heading 	< 80%	< 45 min	Add movement
STAGE 4 NON-CONTACT TRAINING	<ul style="list-style-type: none"> ▶ Progression to more complex training activities ▶ with increased intensity, ▶ coordination and attention e.g. passing, change of direction, shooting, small-sided game ▶ May start resistance training ▶ NO head impact activities including NO heading ▶ goalkeeping activities should avoid diving and any risk of the head being hit by a ball 	< 90%	< 60 min	Exercise, coordination and skills/tactics
	<ul style="list-style-type: none"> ▶ Youth (<18 years) and adult student-athletes have returned to full-time school activities at this time ▶ Repeat medical assessment with second Concussion Assessment Medical Report 			
STAGE 5 FULL CONTACT PRACTICE	<ul style="list-style-type: none"> ▶ Normal training activities ie tackling, heading, diving saves 	< 100%		Restore confidence and assess functional skills by coaching staff
STAGE 6 GAME PLAY	<ul style="list-style-type: none"> ▶ Normal game play. 	< 100%		Player rehabilitated