

## RETURN TO RIDE PROGRESSION FOR FREESTYLE SKIING AND SNOWBOARDING

This is a step-wise process, each step being separated by a minimum of 24 hours. Progression to the next step only occurs if the athlete is completely asymptomatic at the current level. With any recurrence of concussive symptoms, the athlete should drop back to the previous asymptomatic level.

STEP	ACTIVITY LEVEL	FREESTYLE CONTEXT	SYMPTOMS PRESENT	
			YES	NO
1	No activity. Only complete rest.	No texting or computer. Limit tasks requiring concentration. No physical activity until symptoms are gone.		A Doctor should be consulted before, and SCAT normal before moving to step 2.
2	Light aerobic exercise.	Follow this 2 step process with 24 hours of rest between each step. Someone who can help monitor for signs and symptoms should supervise the rider. Step1- 15 mins on static bike or walking. Rest 24 hrs. If symptom free go to step 2. Step 2- 60 mins of more aggressive cardio work (75% of max heart rate) such as bike or jogging.	Return to rest and step 1 until symptoms have resolved.  Consult team Doctor.	Consult team Medic. Proceed to step 3 only if rider is: asymptomatic after 60 minute cardio session..
3	Sport specific activities.	Gentle riding on flat, easy terrain. No jumping or jarring movements. No bouncing on trampolines.  Continuous skiing or boarding for 60 minutes.	Return to rest until symptoms have resolved then resume at step 2.  Consult team Doctor.	Consult team medic before proceeding to step 4 next day if no symptoms
4	Begin riding specific drills (up to moderate intensity)	60 minutes of continuous training (on or off snow) - riding moderate terrain, mixed radius turns and moguls. -riding the halfpipe with small easy jumps. -riding 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.  Consult team Doctor.	Consult team Medic before progressing to step 5 next day if no symptoms.
5	Riding ( from moderate 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. Consult team Doctor.	Consult team Medic before proceeding to step 6 the next day if no symptoms.
6	Game Play	Return to competition		