

Graded Return to Physical Activity Following a Concussion Skiing and Snowboarding Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> May participate in low intensity physical and cognitive activity limited for symptoms (15-30 minutes of low to moderate aerobic activity daily as tolerated, stopping for any increase in symptoms).
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 Minute Walking at 2.5 mph or Stationary Bike without resistance.
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> 20–30-minute run at 5-6 mph. 2x10 lunges. 2x10 sit ups. 2x10 push ups. Light skiing or snowboarding x 30–45 minutes with no gate, no jarring motions, no moguls, no high-speed stops, no jumps, no tricks.
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Warm up x 10-20 minutes. Training drills, increased intensity skiing or snowboarding x 60 minutes with no jarring motions, no moguls, no jumps, no tricks. <p style="text-align: center;"><i>If conditioning, can resume 50% previous weight.</i></p>
Medical Evaluation		
Stage 5 Full-Contact Practice	Restore Confidence and Assess Functional Skills by Coaching Staff Reach Full Exertion	<ul style="list-style-type: none"> Participate in regular training and skill exertion. <p style="text-align: center;"><i>If conditioning, may resume 100% previous weight.</i></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> Full participation in competition.