

Water Ski and Wakeboard Canada-Specific Return-to-Sport Strategy

The following is an outline of the Return-to-Sport Strategy that should be used to help participants, parents/ legal guardians, coaches, trainers, teachers, and medical professionals to partner in allowing the participant to make a gradual return to sport activities.

An initial period of 24-48 hours of rest is recommended before starting the Water Ski and Wakeboard Canada Return-to-Sport Strategy. If the participant experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that youth and adult student-participants return to full-time school activities before progressing to stage 5 and 6 of the Water Ski and Wakeboard Canada-Specific Return-to-Sport Strategy. It is also important that all participants provide their coach or activity leader with a *Medical Clearance Letter* prior to returning to full impact sport activities.

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.	Increase heart rate.
3	Sport-specific exercise	Out of water training activities with limited minimal resistance. Low to moderate in-water activities that pose no risk for any head impact and minimal resistance. (i.e. low intensity swimming) No Towed boat activities.	Add movement.
4	Non---impact training activity	Harder out of water training activities- may include greater resistance and higher intensity	Non---impact training activity
5	Full impact activity	Following medical clearance.	Restore confidence and assess functional skills by coaching
6	Return to sport	Normal sport activity	