



Return to Row Concussion Management Plan

A CONCUSSION is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a stage-wise process that requires patience, attention, and caution. Each stage must take a **minimum of one day** but could last longer, depending on the athlete and their specific situation. Starting the return to rowing and progression between stages may only occur if athlete remains symptom-free. A physician, preferably one with experience managing concussions, should be consulted before beginning the staged process to return.

If symptoms reappear at any stage, go back to the previous stage until symptom-free for at least 24 hours.

STAGE 1: Symptom limited activity – Goal: A gradual reintroduction of activity

After an initial short period of rest of 24-48 hours, light cognitive and physical activity (such as daily activities and light chores) can be initiated as long as they don't worsen symptoms.

STAGE 2: Light aerobic exercise – Goal: Increased heart rate

Activities such as walking or stationary cycling. The athlete should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weightlifting. 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.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Stage 3 after 24 hours.

STAGE 3: More Diverse Cardio – Goal: Add movement

Activities such as light running or gentle body weight resistance exercises can begin at stage 3. There should be no body contact or other jarring motions such as high-speed stops or hitting a baseball with a bat.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Stage 4 after 24 hours.

STAGE 4: Building Cardio with Increased Cognitive Challenges - Goal: Exercise, coordination, and increased thinking

Activities such as indoor rowing and resistance training can be added to activities from previous stages.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? The time needed to progress will vary with the severity of the concussion and with the athlete.

Proceed to Stage 5 only after medical clearance in writing

STAGE 5: On water practice, once cleared – Goal: Restore confidence and assess functional skills by coaching staff

Coaches will allow return to the water in gradually challenging conditions. Start on water activities in a crew boat or a boat with stabilising pontoons.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Stage 6 after minimum of two on water situations without symptoms.

STAGE 6: Competition

Return to sport with normal activities

*** Core of document from Parachute Canada (parachutecanada.org/concussion) Revised Nov 11, 2019, with specific to rowing additions.*