

**Alpine Skiing Return-to-Sport Strategy**  
*Developed with Alpine Canada*

<b>Stage</b>	<b>Aim</b>	<b>Activity</b>	<b>Goal of each step</b>
<b>1</b>	Symptom-limiting activity	Daily activities that do not provoke symptoms	Gradual re-introduction of work/school activities
<b>2</b>	Light aerobic activity	Light jog or stationary cycling at slow to medium pace. No resistance training <i>-Light intensity jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity</i>	Increase heart rate
<b>3</b>	Sport-specific exercise	Running/ dryland drills. No head impact activities <i>- Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity</i> <i>- Low intensity freeskiing max 60 mins on snow time.</i> <i>- No head impact</i>	Add movement
<b>4</b>	Non-contact training drills	Harder training drills, i.e. introduction of on-hill drills and easy gate training (stubbies, no hitting of the gates) up to a half day of training total <i>- May start progressive resistance training</i> <i>- Participation in high intensity running and dryland drills</i> <i>- Low-contact on hill training</i>	Exercise, coordination and increased thinking
<b>5</b>	Full contact practice	Following medical clearance <i>- Participation in full training without activity restriction</i>	Restore confidence and assess functional skills by coaching staff
<b>6</b>	Return to sport	Return to competition/ race day	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.