

**Sailing Return-to-Sport Strategy**  
*Developed with Sail 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	<p>Activities such as walking or stationary cycling.</p> <p>The athlete should be supervised by someone who can help monitor for symptoms and signs.</p> <p>No resistance training or weight lifting.</p> <p>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.</p>	Increase heart rate
<b>3</b>	Sport-specific exercise	<p>Activities such as tuning, trim work, and training in light to marginal conditions can begin at this step.</p> <p>There should be no capsizing, wire-to-wire tacking, or other jarring motions such as high-speed stops, kinetics or contact/collisions with other boats.</p> <p>No head impact activities.</p>	Add movement
<b>4</b>	Full intensity practice	<p>Activities such as boat handling and training in moderate conditions can begin at this stage.</p> <p>Boat handling should be trained at a reduced intensity and should not involve drills with any risk of contact with the boom, of jarring capsizes, or of contact with other boats.</p> <p>May start progressive resistance training.</p>	Exercise, coordination and increased thinking
<b>5</b>	Return to sport	<p>Following medical clearance.</p> <p>In the context of sailing, this would mean training in all aspects including boat handling, capsizing conditions, and in all conditions as well as in close proximity to other boats.</p> <p>Sailors may return to both training &amp; competition at this stage.</p>	Full engagement in training & competition

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.