

**Soccer Return-to-Sport Strategy**  
*Developed by Canada Soccer*

<b>Stage</b>	<b>Activity</b>	<b>Duration</b>	<b>Objective</b>
<b>0 Rest</b>	<ul style="list-style-type: none"> <li>Rest</li> <li>NO activities</li> </ul>	< 1-2 days	Rest
<b>1 Symptom Limited</b>	<ul style="list-style-type: none"> <li>Daily activities that do not provoke symptoms</li> </ul>	Until concussion symptoms clear	Recovery symptom free
<b>2 Light Exercise</b>	<ul style="list-style-type: none"> <li>Walking, light jogging, swimming, stationary cycling at slow to medium pace</li> <li>NO soccer</li> <li>NO resistance training, weight lifting, jumping or hard running</li> </ul>	< 15 min	Increase heart rate
<b>3 Soccer- specific Exercise</b>	<ul style="list-style-type: none"> <li>Simple movement activities (i.e., running drills)</li> <li>Limit body and head movement</li> <li>NO head impact activities</li> <li>NO heading</li> </ul>	< 45 min	Add movement
<b>4 Non-contact Training</b>	<ul style="list-style-type: none"> <li>Progression to more complex training activities with increased intensity, coordination and attention (e.g., passing, change of direction, shooting, small-sided game)</li> <li>May start resistance training</li> <li>NO head impact activities including NO heading</li> <li>Goalkeeping activities should avoid diving and any risk of the head being hit by a ball</li> </ul>	< 60 min	Exercise, coordination and skills/tactics
	Youth (< 18 years) and adult student-athletes have returned to full-time school activities at this time.		
	Repeat medical assessment (medical clearance).		
<b>5 Full Contact Practice</b>	<ul style="list-style-type: none"> <li>Normal training activities (i.e., tackling, heading, diving saves)</li> </ul>		Restore confidence and assess functional skills by coaching staff
<b>6 Game Play</b>	<ul style="list-style-type: none"> <li>Normal game play</li> </ul>		Player rehabilitated

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.