Shooting Federation of Canada
Concussion Resources

Return to Sport Pathway

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 stepwise process that requires patience, attention, and caution.
Each step must take a **minimum of one day** but could last longer, depending on the athlete and their specific situation. A physician, preferably one with experience managing concussions, should be consulted before beginning the gradual process to return.

The athlete should spend a minimum of 24 hours at each step before progressing on to the next. It is common for an athlete's symptoms to worsen slightly with activity. This is acceptable as they progress through steps 1 to 3 of return to sport, so long as symptom exacerbation is:

- **mild:** symptoms worsen by only one to two points on a zero-to-10 scale, and
- **brief:** symptoms settle back down to pre-activity levels within an hour.

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, jogging, swimming or stationary cycling at slow to medium pace for 15-20 minutes at sub symptom threshold intensity. - If a stretching routine is in place, begin to reintegrate refraining from dynamic stretches that include sudden movement (i.e. twisting or rapid up and	Increase heart rate

		down movement) or any stretches of the neck area. - No resistance training	
3	Sport-specific exercise	- Increase movement to moderate intensity at sub symptom thresholds. Integrate dynamic stretches to a daily stretching routine. - Refrain from firing a firearm; particularly shotgun and rifle due to proximity to the head. - Moderate intensity jogging or exercise for 30-60 minutes at sub-symptom threshold intensity - No head impact activities	Add movement
4	Training Drills	- More intense training up to but not including the act of firing. (Engaging a firearm agitates the hearing sensitivity associated with concussions.) - Full warmup and training routine run throughs with monitoring for any concussion-like symptoms. - May start progressive resistance training/work outs	Exercise, coordination and increased thinking
5	Full training	- Following medical clearance, participation in full practice without activity restriction. - Athlete is to be monitored for any sign of setback during and after training sessions, particularly when firing.	Restore confidence and assess functional skills by coaching staff
6	Return to Sport Competition	- Normal field of play/range activity including competition	