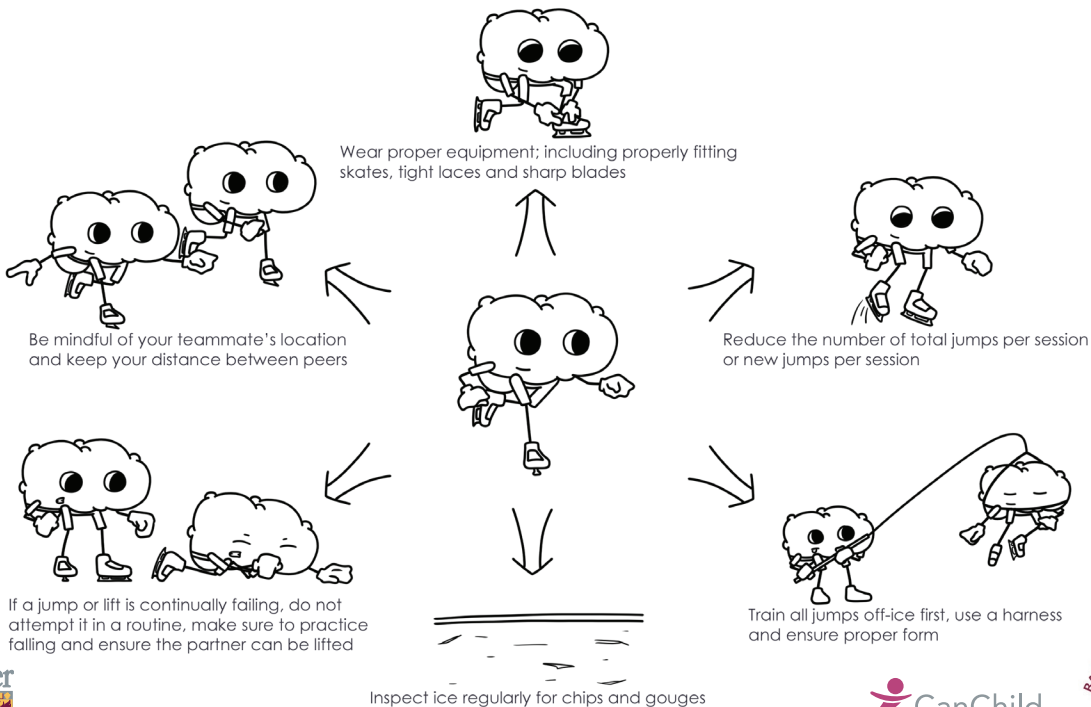


Figure Skating: Play Safe

Paired skaters are at higher risk of sustaining concussion than solo skaters.



Tell your parents and coaches if you think you've had a concussion.
Play Safe, Play More!

Figure Skating: Return to Activity

STAGE

1

SHORT PHASE OF PHYSICAL & COGNITIVE REST. **OFF THE ICE.**

- Scale back physical and cognitive activity, participate in home activities (i.e., make bed, listen to music quietly).

STAGE

2

LIGHT EXERCISE. **LIGHT ACTIVITY - 15-30 MINS, UP TO 2X/DAY. NO CONTACT. OFF THE ICE.**

- Walk, stretch/gentle yoga, swim, and/or light intensity on rowing machine or stationary bike.
- Begin static balance practice and solo dance skills but **no jumping or spinning.**

STAGE

3

INDIVIDUAL SPORT SPECIFIC ACTIVITY. **MODERATE ACTIVITY - 30 MINS, UP TO 4X/DAY. ON ICE. NO CONTACT.**

- Practice **jumping off ice.**
- Practice dynamic balance drills, off-ice prior to moving to on-ice.
- Begin on-ice stroking, footwork, skating forwards then backwards and dance run through with no music.

STAGE

4

SPORT SPECIFIC PRACTICE WITH TEAM. **MODERATE/VIGOROUS ACTIVITY - 30 MINS, UP TO 6X/DAY. ON ICE. NO CONTACT.**

- Ease back to practice. Practice drills with ONE TEAMMATE.
- Begin resistance training (i.e., walking quad stretch, hip openers, single leg deadlift, jump squats, jump lunges, star jumps).
- Easy spins and beginner jumps, solo run through with or without partner, including music.

STAGE

5

SPORT SPECIFIC PRACTICE WITH TEAM. **VIGOROUS ACTIVITY ON ICE. CONTACT.**

- Practice figures with rotations and jumping progression.

STAGE

6

RETURN TO FULL SPORT. **COMPETITION. CONTACT.**