



# Appendix F

## Club Level Return-to-Sport Protocol

Appendix F-1: Artistic Swimming Return-to-Sport Protocol for Clubs

Stage	Aim	Activity	Additional information	DURATION
1	Symptom-limiting activity	Daily activities that do not provoke symptoms Can commence light passive stretching if no symptoms increase GOAL: Gradual re-introduction of work/school activities	Limit exposure to bright lights and loud noise (should not attending practices)	<input type="checkbox"/> 15 minutes <input type="checkbox"/> 20 minutes
<b>To progress to stage 2, a Medical Assessment Letter is required.</b>				
2	Light aerobic activity  GOAL: Increase heart rate	At a slow to medium pace for 15-25 minutes at sub-symptom threshold intensity: - light swim kicking (no breath holding or flip turns or head rotations): o start with kicking with kickboard (cease if any neck pain occurs with kicking), o no swimming strokes (as involved head rotations) - walking - stationary cycling - Passive stretching - May start active stretching & extension drills - No inversions (head underwater) - No resistance training	Limit bright light and loud noises. Try kicking drills at a time when no routines are being practiced (no music being played)	<input type="checkbox"/> 15 minutes <input type="checkbox"/> 20 minutes <input type="checkbox"/> 25 minutes
3	Sport-specific exercise  GOAL: Add movement	Moderate intensity swimming for 30-60 minutes at sub-symptom threshold intensity: - Swimming; o limited breath holding o no flip turns - Artistic swimming skills (no breath holding) o No head impact activities (swim out of pattern) o No inversions (head underwater) o Horizontal drills: sculls, back layouts, front layouts, ballet legs o Eggbeater & eggbeater boots o Landdrills - No resistance training	Limit time at the pool to 60 minutes. Dampen sound with ear plugs if needed.	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 45 minutes <input type="checkbox"/> 60 minutes
4	Non-contact training drills  GOAL: Exercise, coordination and increased thinking	Harder training drills. Gradual increase from moderate to high intensity swimming and artistic swimming: - figure practice; parts ONLY - out of pattern routine swims: lap by lap ONLY - Re-introduce spins. - No highlight training. - Resume progressive resistance training - Ensure non-contact practice without risk of collision	Progress time at pool to full practice training.	<input type="checkbox"/> 75 minutes <input type="checkbox"/> 90 minutes <input type="checkbox"/> 105 minutes <input type="checkbox"/> 120 minutes
<b>Medical Clearance Letter required to progress to Stage 5 Youth and Adult student-athletes return to full-time school activities</b>				
5	Full contact practice  GOAL: Restore confidence and assess functional skills by coaching staff	Following medical clearance, participation in full practice without activity restriction - Swimming: no restrictions - Artistic Swimming: o Resume figure wholes o Resume in pattern training: start with small parts in gradual increase to full routines. o Resume highlight training	Athlete is reintegrated to full time training with no limitations	With Medical Clearance: <input type="checkbox"/> Full time training
6	Return to sport	Normal artistic swimming training session and competitions.		



