

Soccer Return-to-Sport Strategy
Developed by Canada Soccer

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

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.