

## Graded return to sport framework for community and youth cycling

## Incident Day = 0

Recognise, remove from physical activity, complete rest for 48 hours. Avoid training environment temporarily. Reduce screen use and over stimulating environments

Diagnosis of concussion by a healthcare practitioner

Resumption of activities of daily living (Mild temporary symptoms are acceptable)

Light aerobic exercise (e.g. short walks) Start graded return to school or work (Consider modifying days/hours or environment, e.g. working from home, social exposures with school recess or lunch)

Healthcare practitioner review recommended at day 3-4

Stationary sport-specific skills with minimal head movements (e.g stretching, core activities, body weight exercises, low load)

Moderate walk or stationary bike (moderate = breathing heavily, but able to maintain a short conversation, short aerobic training on stationary bike)

Introduction of sport-specific skills involving head movements (e.g. short tempo intervals on stationary bike or easy ride outdoors with partner involving head turning for traffic checks etc.)

If tolerating previous steps with no significant exacerbation of symptoms, add resistance training (if appropriate / relevant)

Such as increasing cardiovascular activities / intervals up to 80% HRmax Initiate sport-specific training drillsdepending on cycling discipline

Increase sport-specific training drills, up to 90% HRmax

Return to full capacity of school or work Up to 90% HRmax, Up to 90% of full training NO HIGH-RISK ACTIVITY / NO RACING

CHECKPOINT

When symptom free for 14 days, review by health care practitioner

Return to full training (must be cleared by a healthcare practitioner to do so)\*

Return to competition simulation

Return to competition. Not before day 21 post concussion AND must have remained symptom free for at least 14 days. Medical/Return to Play Clearance Provided to AusCycling

Some high-performance riders may have access to appropriately trained Healthcare Practitioners experienced in multi system concussion rehabilitation. These riders may be cleared earlier if their sports concussion protocol allows. Refer to the graded return to sport framework for advanced care settings. Note, athletes aged under 19 years should NOT have access to earlier clearance available in advanced care settings.

\*Please note that athletes cannot go directly from non-contact / low level activities to return to competition. That is, they must complete some full contact training / race simulation ctivities, to the satisfaction of the health care practitioner, before returning to competition.

NO RACING OR HIGH-RISK ACTIVITIES