

WRFSC GUIDELINES FOR CONCUSSION OR SUSPECTED CONCUSSION

In compliance with US Figure Skating guidelines, all WRFSC club skaters or USFSC skaters with a concussion or suspected of having a concussion should go through a phased plan of a minimum of seven to 10 days before returning to their full skating routine.

If a skater gets a concussion or is suspected of having a concussion they must:

1. Undergo medical evaluation by a licensed healthcare professional that is trained and experienced in concussion management
2. Present written concussion clearance to their coach from a licensed healthcare professional to return to skating

Once the skater is evaluated and returns to skating, the skater's return will involve a supervised step-wise/managed return-to-play plan prepared by their coach.

Example: Concussion return to play plan for singles discipline athletes:

Phase 1: Cognitive rest (including limited screen time, homework, etc.)

Phase 2: Permission to stretch and work on balance, watch practice or skating on video

Phase 3: Permission to do aerobic activity that elevates the heart rate sub-maximally for 30 minutes or less

Phase 4: Permission to get on the ice for one session of forward and backward stroking with limited turns and twisting and no spins or jumps. Total time should be one session.

Phase 5: Permission to execute choreography (with or without music) with turns but with no spins or jumps. Total ice time can be increased slightly.

Phase 6: Permission to execute choreography and do program run-throughs marking jumps and spins.

Phase 7: Permission to do basic spins and single jumps.

Phase 8: Permission to do advanced spins and double jumps.

Phases 9-10: Permission to do all spins and triple jumps.

Important note: An adult athlete with a mild concussion or suspected concussion may spend a minimum of one day at each phase. Younger athletes, particularly those under 18, will likely require longer time intervals at each stage as their brains are still developing.