

KICKBOXING ONTARIO

Return to Play Protocol

A physician must always provide direction for athletes returning to activity following any symptoms of concussions. The following steps outline a general protocol for Return to Play:

Stage 1 - Rest

Athletes are required to immediately cease all physical activity and see a physician. Rest from all physical and cognitive activity is essential until the athlete is completely symptom free.

Stage 2 – Light Aerobic Activity

Once the athlete has had no symptoms for 24-48 hours they can perform 15 minutes of aerobic activity at 60-70% of their maximum heart rate. Suggested activities are cycling, elliptical machine. Refrain from activities with any form of bounding such as running, bag work and even shadow boxing.

If the athlete has any concussion symptoms they are required to go back to Stage 1.

Stage 3 – Sport Specific Activity

If the Athlete has completed Stage 2 with no symptoms they can engage in sport specific exercise such as shadow boxing or skipping at an intensity of 70-85% of their maximum heart rate for a period of 15-30 minutes. Refrain from activities such as running or bag work.

If the athlete has any concussion symptoms they are required to go back to Stage 2.

Stage 4 – Non Contact Training

If the Athlete has completed Stage 3 with no symptoms they can begin training in normal kickboxing training at a 80-90% maximum heart rate intensity for between 45-60 minutes. The athlete can engage in running, skipping, shadow boxing, speed ball or hand pad training.

If the athlete has any concussion symptoms they are required to go back to Stage 2 or 3.

Stage 5 – Full Contact Practice

If the Athlete has completed Stage 4 with no symptoms they can begin training in normal kickboxing training at 90-100% maximum heart rate intensity for normal practice time. The athlete can engage in a full range of training modalities.

If the athlete has any concussion symptoms they are required to go back to Stage 2 or 3. Return to sparring and competition should follow the safety policies of KO and prescribed by the attending physician.

