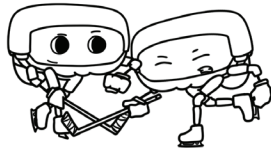
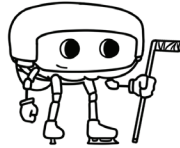


# Hockey: Play Safe

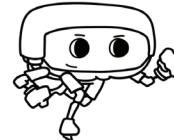
Younger hockey athletes are more likely to get a concussion than older athletes.  
Concussions occur more commonly in hockey games than practices.



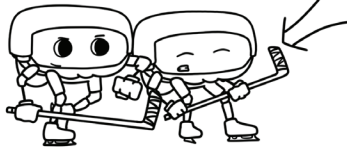
Never hit another player in the head or use your helmet to contact another player



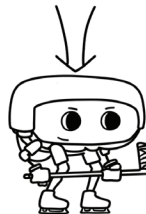
Wear all safety equipment



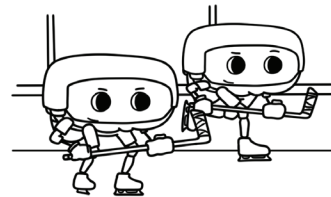
Focus on your skating skill training and development



Learn how to use the "ready" position to respond to checking, making sure your hands are away from your body, heads up, and bent at the knees and hips



Learn how to check properly and safely using your shoulders, hips and legs while only giving as much impact as necessary



Keep your head up and eyes open, be aware of your position on the ice in relation to others



Tell your parents and coaches if you think you've had a concussion.

**Play Safe, Play More!**

# Hockey: Return to Activity

STAGE

1

## SHORT PHASE OF PHYSICAL & COGNITIVE REST. **NO CONTACT.**

- Scale back physical and cognitive activity, participate in home activities (i.e., make bed, listen to music quietly).

STAGE

2

## LIGHT EXERCISE. **LIGHT ACTIVITY - 15-30 MINS, UP TO 2X/DAY. NO CONTACT.**

- Walk, stretch/gentle yoga, swim, and/or light intensity on rowing machine or stationary bike.

STAGE

3

## INDIVIDUAL SPORT SPECIFIC ACTIVITY. **MODERATE ACTIVITY - 30 MINS, UP TO 4X/DAY. NO CONTACT.**

- Hockey specific warm ups and dynamic stretching (i.e., high knees, carioca, side shuffle, walking quad lunge).
- Balance exercises to prepare for going back on the ice: Off ice, individual stationary and then dynamic stick handling & shooting drills using a tennis ball (i.e., through cones, light wrist shots). Progress to wearing helmet and gloves.
- Goalies practice catches with a tennis ball against a wall.
- Light skating on ice with helmet, gloves and mouthguard. Start with forward skating, stopping and starting then progress to cones and stick handling.

STAGE

4

## SPORT SPECIFIC PRACTICE WITH TEAM. **MODERATE/VIGOROUS ACTIVITY - 30 MINS, UP TO 6X/DAY. NO CONTACT OR SCRIMMAGES.**

- Ease back to practice. Wear no-contact jersey. Practice drills with ONE TEAMMATE (i.e., stop/start, passing, shooting, face offs and deflection drills, ladders, cone drills, wind sprints).
- Goalies practice basic goalie drills and light shots.
- Begin strength training (i.e., barbell or dumbbell clean hang, single leg calf raises, cable push ups).
- Watch and review offensive/defensive plays.

STAGE

5

## SPORT SPECIFIC PRACTICE WITH TEAM. **VIGOROUS ACTIVITY. CONTACT, SCRIMMAGES.**

- Progress to drills and scrimmage with FULL TEAM (i.e., neutral zone play, simple front break outs, back in and cut off drill, forecheck drills).
- Practice break-out drills, 3 on 2's, 2 on 1's and defensive coverage drills. Practice individual defensive drills; checking and protection techniques (start with checking against held pad). Progress to forechecking and puck battle drills
- **Goalies:** progress to game situation drills and work up to multiple full tempo practice to prepare for game readiness.

STAGE

6

## RETURN TO FULL SPORT. **GAME PLAY. CONTACT.**