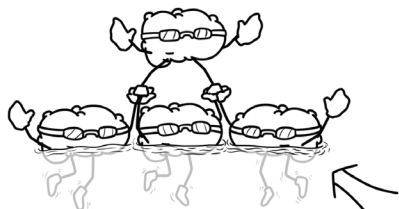


Artistic Swimming: Play Safe

The most common cause of concussion in artistic swimming is in-pool, athlete-to-athlete contact.



Perform lifts at start of routine, and save floating patterns or simple stacks for end of routine



Wear proper equipment: goggles, fins and boards



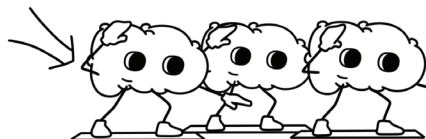
When swimming laps, stay in your lane



Watch for swimmers crossing your path



Make sure all underwater kicks are synchronized, and practice floating patterns and connections until skills fully develop



Know where your teammates are in land drills and know your counts

Tell your parents and coaches if you think you've had a concussion.
Play Safe, Play More!

Artistic Swimming: 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.
- Begin slow to medium pace swimming, light kicking with kickboard.
- **No breath holding, flips, head turns or inversions.**

STAGE

3

INDIVIDUAL SPORT SPECIFIC ACTIVITY. **MODERATE ACTIVITY - 30 MINS, UP TO 4X/DAY.**

- Begin eggbeater and eggbeater boots, sculls, back layouts, front layouts and ballet legs.
- **No breath holding, flips, impact activities, or inversions.**

STAGE

4

SPORT SPECIFIC PRACTICE WITH TEAM. **MODERATE/VIGOROUS ACTIVITY - 30 MINS, UP TO 6X/DAY.**

- Begin resistance training (i.e., squats, lateral lunges, step up/downs, seated rows, wall slides, side plank with shoulder extension).
- Increase to high intensity swimming (75 - 90 minutes).
- Practice your routine in parts, without highlight training.

STAGE

5

SPORT SPECIFIC PRACTICE WITH TEAM. **VIGOROUS ACTIVITY.**

- Progress to drills with **FULL TEAM.**
- Resume figure wholes, resume in pattern training, resume highlight training.

STAGE

6

RETURN TO FULL SPORT. **COMPETITION. CONTACT.**