



# Return-to-Diving Tracker

Holland Bloorview  
Kids Rehabilitation Hospital

Concussion  
Centre

## Step 0: Initial rest period of 24-48 hours before beginning return-to-diving steps

### Step 1: Symptom limited activity (at least 24-48 hours)

- **Dryland:** Stretching

### Step 1: Signature of completion

I confirm that \_\_\_\_\_ completed Stage 1 for a minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)    \_\_\_\_\_  
(Parent/Guardian Signature)

### Step 2: Light aerobic exercise (at least 24 hours)

- **Physical Preparation:** Walking, Stationary bike
- **Dryland:** Stretching/core exercises, Simulations (no jump)

### Step 2: Signature of completion

I confirm that \_\_\_\_\_ completed Stage 2 for a minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)    \_\_\_\_\_  
(Parent/Guardian Signature)

### Step 3: Diving specific exercise (at least 24 hours)

- **Physical Preparation:** Swimming (low intensity 20mins), Muscle training (low intensity)
- **Dryland:** Armstand, Jumps, Vestibular stimulation (twists on the floor, rolls)
- **Dry Board & Trampoline:** Dry board – 100/200 hurdle approach
- **Pool Deck & in the Water:** No hurdle jumps, Standing jumps, Front fall in
- **1 Meter:** No hurdle jumps, Front/back fall in
- **Training Length:** 45 mins training session max

### Step 3: Signature of completion

I confirm that \_\_\_\_\_ completed Stage 3 for a minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)    \_\_\_\_\_  
(Parent/Guardian Signature)

### Step 4: Non-contact training, practice drills (at least 24 hours)

- **Physical Preparation:** Warm up (out of water), Progress muscle training
- **Dryland:** Armstand (done repeatedly), Continuous jumps without rest, More complex vestibular/coordination exercises
- **Dry Board & Trampoline:** Dry board – 100 with multiple bounce, Trampoline – continuous jumps
- **Pool Deck & in the Water:** Head down in deep water, Front/back fall in, 101-201-301-401
- **1 Meter:** 102-202-302-402, 103-203-303-403
- **3 Meters:** 101-201-301-401, 103-203-303-403
- **Tower:** 101-201-301-401 3m/5m, 101-201-301-401 7m, Front/back fall 10m
- **Training Length:** 1h training session max

### Step 4: Signature of completion

I confirm that \_\_\_\_\_ completed Stage 4 for a minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)    \_\_\_\_\_  
(Parent/Guardian Signature)

**MEDICAL CLEARANCE REQUIRED BEFORE PROCEEDING TO STEP 5 & 6**

**Step 5: Unrestricted training & practice (at least 24 hours after medical clearance)**

- **Physical Preparation:** Warm up (out of water), Normal muscle training
- **Dryland:** Dryland repetitive twists
- **Dry Board & Trampoline:** 102-202-302-402
- **Pool Deck & in the Water:** 5101-5201, 510X-520X
- **1 Meter:** 10X-20X-30X-40X, 5122-5221-5321
- **3 Meters:** 5132-5231-5331, 10X-20X-30X-40X
- **Tower:** 61X-62X 3m/5m, 10X-20X-30X-40X 5m/7m, 10X-20X-30X-40X 7m/10m
- **Training Length:** 1h 30mins training session max

**Step 5: Signature of completion**

I confirm that \_\_\_\_\_ completed Stage 5 for a minimum of 24 hours with no symptoms on \_\_\_\_\_  
MM/DD/YY

\_\_\_\_\_  
(Player Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

**Step 6: Return-to-Dive**

- Athletes must spend **a minimum of 24 hours at each stage**, however most children/youth should spend longer.
- Required signatures must be completed before moving to the next stage. If the player experiences any onset or worsening of symptoms during or after the activities in any stage, the player should stop that activity immediately and return to the previous successful stage the following day before trying those activities again.
- Medical clearance is required for participation in Stage 5 and 6. Clearance must be from a physician or nurse practitioner. See *Dive Ontario Medical Clearance Form*, this medical clearance form from a physician or nurse practitioner must be sent to the Club Designated Person before the athlete is permitted to proceed to Stage 5.
- Do not progress to Stage 6 until player has regained their pre-injury skill-level and the athlete is confident in their ability to return to diving.