



canada  snowboard

1545 Fulton Ave. West Vancouver, BC Canada V7V 1S6 • t: (604) 633-5891 • f: (604) 271-3570 • e: info@csf.ca • www.csf.ca

## HPP PROTOCOL FOR RETURN TO COMPETITION

Following a significant injury to a snowboard athlete, it is critical to know that the injury has been adequately assessed and managed, and that the athlete has had sufficient treatment and rehabilitation to allow him/her to return to snowboard training and competition safely, and without risk of further injury. This is particularly important if the injury took place in another country, as quite often the medical records and/or x-rays, CT, MRI etc. results are not as easily available.

Therefore, the following protocol should be followed via an email thread with all practitioners, National team head coach and HPP director.

National Development Group athletes (NDG) must remit all medical records and clearance, Physio assessments and clearance, S&C assessments and clearance, Coach assessment and clearance to the respective support practitioner for approval.

### Step 1

**Medical clearance:** (Medical Director, Dr. Connie Lebrun) – From a medical perspective (e.g. healing of fractures, recovery from surgery, recovery from concussion) the athlete **must be cleared by the Medical Director before moving on to the next steps of physiotherapy, strength and conditioning, and return to on snow training.**

### Step 2

**Physiotherapy clearance:** (Physiotherapy Director, Marilyn Hellier) – The athlete's physical rehabilitation from the injury/surgery is complete and he/she can proceed with sport specific training. (Can be simultaneous with medical clearance and/or clearance by Strength and Conditioning Coach).

### Step 3

**Strength and conditioning clearance:** (Strength and Conditioning Coach, Anthony Findlay) – physical assessment milestones are met and all dryland sport-specific exercises can be performed pain free to a level even with or beyond pre-injury results. (Can be simultaneous with medical clearance and/or clearance by Medical Director and Physiotherapy Director)

### Step 4

**Clearance by HPP director** – Christian Hrab – All the above criteria have been met including both physical and psychological issues.  
**The athlete may now return to on snow training.**

### Step 5

**Clearance by athlete's Coach** – ready to return to competition – Once the athlete has received clearance from the relevant members of the Integrated Support Team (IST), the coach has the final decision as to the athlete's **readiness, physically, technically and psychologically**, to compete.



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