



Recommended steps to follow for return to skateboarding (RTS) and competition (RTC)

Injuries happen, the following are recommendations to ensure skateboarders allow a significant injury (fracture, significant sprain, ligament tear, concussion, etc.) to be adequately assessed and managed. The injury should receive sufficient treatment and rehabilitation to allow for a return to dedicated skateboarding and competition safely, and without risk of further injury.

Step 1

Medical Assessment - Trip to the Hospital:

A medical assessment and follow up with a medical doctor should occur for proper diagnosis and recommended timelines for rest and initial healing.

IE: ACL surgery requires follow up with the surgeon at 6 weeks, 3 months and 6 months. Medical clearance will be given when the MD has determined that appropriate recovery time for physiological healing (may require proper imaging) has occurred. Prior to returning to skateboarding all physiotherapy and S&C goals must be met for safe return to skateboarding.

Step 2

Physiotherapy:

Following approval from a medical doctor, a skater should proceed with physiotherapy. Physiotherapists help assess functionality and will set goals of regaining range of motion, stability and functional strength.

Upon achieving these goals, proceed with sport specific training or actions that simulate skateboarding in a controlled environment to return to performance level, **skateboarding should not be initiated at this stage.**

Step 3

Strength and Conditioning:

Strength and Conditioning – Prior to returning to skateboarding, physical milestones should be met (injured area should be at a minimum of 90% strength and functionality prior to injury).

At this stage it is ideal to work with a certified strength and conditioning coach to ensure you are ready to return to skateboarding.

Step 4

Return to Skateboarding:

A skater and their coach (if applicable) should make the final decision on their readiness & ability to return to full time skateboarding. Skateboarding should progress slowly and build back up prior to a full return to regular skating or competition.

Prior to returning to competition, skaters should consider a skateboard specific, return to competition progression. This might include elements such as:

- A determined minimum number of dedicated skate sessions;
- the ability to perform certain skills on competition style features;
- Link a competition format run

Before you step back on your board you should check with the following specialists to ensure you are ready to skate:

Check List

- Medical Doctor
- Physiotherapist
- Strength and Conditioning Coach
- Coach
- YOU