# Volleyball Return-to-Sport Strategy

**Developed by Volleyball Canada**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Aim</th>
<th>Activity</th>
<th>Goal of each step</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Symptom-limiting activity</td>
<td>Daily activities that do not provoke symptoms</td>
<td>Gradual re-introduction of work/school activities</td>
</tr>
</tbody>
</table>
| 2     | Light aerobic activity | Walking or stationary cycling at slow to medium pace. No resistance training  
- Light intensity walking or stationary cycling for 15-20 minutes at sub-symptom threshold intensity  
- Volleyball specific warm-up and cool-down | Increase heart rate |
| 3     | Sport-specific exercise | Running drills. No head impact activities  
- Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity  
- Low to moderate impact passing, standing serves, setting, and agility drills | Add movement |
| 4     | Non-contact training drills | Harder training drills, i.e. passing drills. May start progressive resistance training  
- Participation in high intensity running and drills  
- High intensity practice without risk of receiving hard driven spikes to the head  
- Participation in resistance training work-outs | Exercise, coordination and increased thinking |
| 5     | Full contact practice | Following medical clearance  
- Participation in full practice without activity restriction | Restore confidence and assess functional skills by coaching staff |
| 6     | Return to sport | Normal game play |  |