



Scarlet & Grey Team Handbook

2016-2017 Season

7159 Northgate Way | Westerville, OH 43082 | 614.895.1611
10562 Sawmill Road | Powell, OH 43065 | 614.793.1936

COACHING STAFF

Scott Ryan, Scarlet and Grey Team Director is a graduate of West Virginia University with a Bachelor's degree in Journalism and a Master's degree in Sports Promotions. While at West Virginia Scott was a scholarship gymnast on the Mountaineer's Men's Team. Scott has over 35 years of coaching experience ranging from coaching college at West Virginia University and UC-Berkeley to 9 years here at Buckeye Gymnastics and 15 years spent coaching in California. He was a member of the So Cal USAG Board of Directors for a number of years while in CA. He is currently coaching S&G and USAG girls team, and is the Scarlet and Grey Team Director and Operations Manager at Buckeye Gymnastics.

Laura Montgomery competed in gymnastics for six years and has coached gymnastics at Buckeye since 1998. She is a graduate of Capital University, graduating with a degree in Biology and Psychology. Laura attended a six-week internship at Rushmore Gymnastics in London, England, where she shared with our British sister club the details of running an American style gymnastics school.

Lauren Roggenkamp is very excited to be working with the Scarlet and Grey girls! She was a gymnast at Buckeye from the time she was in Kindergarten until 12 years old. She made it to Level 8 and then did gymnastics at Thomas Worthington High School. She graduated high school and went on to get a degree in Early Childhood Development from CSCC. After getting her degree she worked as a preschool teacher for a number of years before returning to Buckeye to coach. She is happy to be back, and looks forward to working with the girls!

Gabby Whitaker started gymnastics when she was 5 in a program at her kindergarten. After this she begged her parents to continue gymnastics and was brought to Buckeye Gymnastics at age 7. She competed for Buckeye for 6 years, competing through Level 8. She is currently studying to become a Physical Therapist and came back to Buckeye and started teaching. "I love it!"

Charity Ellzey was a Buckeye gymnast up to Level 9. Her favorite event was vault and she was the state champion. Charity has been teaching classes here in Westerville for 4 years. Charity is a senior at The Ohio State University majoring in Human Nutrition.

Nikki Riachy I did gymnastics as a preschooler. But ended up playing contact sports and unfortunately never pursued gymnastics after the age of 5. I first started coaching at Thomas Gymnastics at the Beach in South Carolina in the summer of 2015 and fell in love with the sport. I coached preschool, advanced preschool, all recreational, advanced classes, and tumbling. I have a true passion for kids and am beyond blessed to get to work with them each day. I look forward to coming to work and hope to continue to grow as much as possible as a coach.

Chelsea Cline started gymnastics at 2 years old and spent 11 years at Buckeye before going to cheerleading. She cheered at Westerville Central and Midwest Magic All-Stars. Chelsea has been teaching for a number of years and even has her little one enrolled.

COMPETITION

Gymnastics is not an easy sport. It takes some training to compete at even a beginner level. The girls will train and compete on vaulting, uneven bars, balance beam and floor exercise. The sport of gymnastics is governed by USA Gymnastics (USAG). The S&G girls will learn routines that are composed using the **USAG Xcel Rules and Regulations** and also the **USAG Xcel Event Rules** updated Oct. 2015.

The Buckeye Gymnastics S&G Team belongs to the **Greater Columbus Gymnastics Conference (GCGC)** which is made up of the following gyms: All Starz, Buckeye Gymnastics, Trics, Fliptastic!, Adonai, Universal, Worthington Youth Boosters, Columbus Gymnastics Academy, Central Ohio, Rock Solid, Integrity, Elite Mind and Body and Whetstone. The GCGC offers competition for girls at the following levels: Level 1, 2, 3, 4, 5, 6, Xcel Bronze, Xcel Silver, Xcel Gold, Xcel Platinum and Xcel Diamond.

Buckeye Gymnastics will offer:

Xcel Silver/Optional Level	6 years and above
Xcel Gold/Optional Level	7 years and above
Xcel Platinum/Optional Level	8 years and above
Xcel Diamond/Optional Level	9 years and above

The **age requirement** has been **set by the GCGC** and the gymnast is required to be that age at the time of the competition.

The S&G Team will have the opportunity to compete 8-10 times during the year with all of the competitions held in Central Ohio. **The girls are not required to compete, but are encouraged to participate in the “competitive aspect” of the Scarlet and Grey Team.** (Nor are they required to compete on every event. But if they do decide to take part in a competition they must be currently enrolled in the gym and be current with all fees and tuition.) Competition begins in the fall and will continue through spring. We begin with an intra-squad competition and progress to out of house competitions. We compete with other gyms in the Central Ohio area that offer this type of program in a League format that culminates with a Greater Columbus Gymnastics Conference Championship meet.

The focus of the S&G program is on fun. However, we will always keep in mind that the fun of gymnastics lies in the ability to perform ever more difficult gymnastics skills. To that end we will train hard enough to develop the strength, flexibility, and skills necessary to do the gymnastics routines safely and correctly. We will insist on proper form and technique and will expect the girls to do their best. Should the girls ever want to compete on our USA Gymnastics (select) team or on their middle school or high school team, the Scarlet and Grey Team will lay a solid foundation for doing so.

Ribbons are given at most competitions based on individual scores on each event. For example, a gymnast scoring a 9.0 or above will receive a blue ribbon while those scoring an 8.0 to an 8.9 will receive a red ribbon. Gymnasts will not receive placement awards until championships. This helps keep the gymnasts focused on trying to do their best as opposed to trying to win first place.

Compulsory Levels: "Compulsory" means "required". The compulsory levels require that all gymnasts do the same skills and routines. The rationale for these required routines is that the gymnasts are forced to devote time and repetition to mastering essential basic skills that are required for long-term success in the sport. The routines are VERY detailed and require a lot of time and training. Due to the changes in USAG Compulsory Levels for the next quadrennium Buckeye Gymnastics will only be using the Silver Level and above.

Optional Levels: At the optional levels routines are made up by following guidelines laid down by USA Gymnastics. This gives each gymnast the flexibility to select skills they can perform from a list provided. It allows the girls to devote time to skills they are interested in learning. The optional routines have less detail, concentrate more on the development of skills and provide for more self-expression.

NOTE: The coaching staff will evaluate your gymnast. Your gymnasts will be placed in a level based on her skill set.

COMPETITION FEES

Competition fees are based on the amount that the league charges per meet. In addition, a small fee (\$10) will be added to cover the coach's expenses for each meet. This will vary depending on meet location and number of participants. Expenses include their wages and travel for each day.

The Critique Meet entry will be **\$45**.

For the 2015-2016 season the entry fee for regular season competitions will be **\$50**. The GCGC Championship meet fee will be **\$60**. The additional amount for the Championship meet helps to cover the cost of the placement medals/trophies and t-shirts.

The Wolfpack Invitational entry fee is **\$60**. This is not a GCGC event and there will be placement awards rather than ribbons.

Buckeye Gymnastics will not participate in any team competition in the GCGC other than the GCGC Championships.

PRACTICE AND TUITION

The S&G Teams are part of the recreational class program; therefore gymnasts have the flexibility to change their commitment level whenever they choose. Gymnasts may come as few as two hours per week or as many as eight. **Xcel Gold, Platinum and Diamond gymnasts are highly recommended** to attend at least **twice a week** so that they can continue to progress their skills in a safe manner.

Tuition is based on the current class rate. Multiple class discounts apply for those who choose to come more than once per week. Make-ups must be scheduled with the front desk for missed classes. Availability will depend on the enrollment of each class.

The Greater Columbus Gymnastics Conference (GCGC) has adopted the following **MAXIMUM Weekly Training time:**

Xcel: Bronze and Silver	6 hours/week
Xcel: Gold and above	9 hours/week

The conference philosophy is to serve the needs of recreational level gymnastics.

NOTE: The S&G Teams at Buckeye give you the flexibility to choose your commitment level. You can work out as little as 2 hours, but you **cannot work out MORE** than the above hours listed for your level on the GCGC training table if you are planning on competing.

UNIFORM AND APPAREL

The S&G girls have an **option** to compete in a selected Buckeye leotard. You may choose to purchase the S&G Buckeye leotard, wear the Buckeye leotard from the previous years or choose to wear your own leotard.

Look for more information to be handed out at class very soon!

We **CANNOT guarantee delivery** of any apparel since our apparel occasionally gets back-ordered. Please allow 4-6 weeks for delivery.

S&G Sleeveless Leotard

Approx. \$30

S&G Zip Front Warm Up Jacket

Approx. \$50

The S&G leotard is an OPTIONAL apparel item we offer to our gymnasts. Many of the girls also order warm jackets, **but these are also OPTIONAL apparel items.**

TEAM PICTURES

Tentative Picture date: Sunday, November 20 @ Westerville location. (Time to be announced.)

We do these at the end of November every year at the Westerville location. You should receive order forms and more information as the date gets closer. If you want to have your child's leotard by this date, please make sure to get your order form turned in by the FIRST apparel order date!

FALL/WINTER CLINIC DATES: TBA

NOTE:

These **clinics** are for **S&G Team members from POWELL and WESTERVILLE.**

Pre - Registration is REQUIRED. You may pre-register at the front desk of either gym,

On-line at BuckeyeGymnastics.com, S&G Special Events 2014-2015 or

Call Westerville@614-895-1611 or Powell@614-793-1936.

SUMMER CAMP

The girls will work on their skills and have a week of fun and games (dress up days, themes, water fun, etc.). It is a GREAT time! It is usually the last week in July at our Powell location.

PARENT INVOLVEMENT

At times you may be asked to donate or volunteer for different events. Please keep in mind that by doing so we are able to operate without having a booster club and charging all the related fees. We will especially need volunteers during the meets that we host, so be ready to help out!!

PARENT QUESTIONS OR CONCERNS

If at any time you have a question or concern regarding your child we ask that you speak with your child's coach first or you can also send an email to Scott Ryan at scottr@buckeyegymnastics.com.

2016-2017 TENTATIVE MEET INFORMATION

This is our schedule of competitions for the year. You must sign your gymnasts up **at least 6 weeks** prior to the competition date. If you miss the deadline to sign up for a competition, there is no guarantee that your child will be able to compete and you will be charged a **\$10** late fee to process the late meet entry! The Critique Meet will have no late fee. You may sign up for any competition as far ahead as you would like.

October 22, Sat	Buckeye Critique Meet	@POWELL GYM, 3:00 Open Stretch
November 4/5	Central Ohio	TBD
December 10/11	Flipastic Gymnastics	TBD
January 21, Sat	Wolfpack Invitational	@Worthington Killborne HS
January 29, Sun	Worthington Youth Boosters	@The Continent
February 11/12	Buckeye	@Buckeye POWELL Gym
March 18, Sat	Trics	TBD
April 1, Sat	Integrity	TBD
April 29/30	Universal	@UGI, Hilliard
May 6/7	Elite Mind and Body	TBD
May 20/21	All Starz Gymnastics	GCGC CHAMPIONSHIPS, Thornville, OH

*Gymnasts need to compete in at least **ONE GCGC meet** in order to participate at Championships. All GCGC meets are in **BOLD**.

The host gym requires meet entries 4 weeks before the scheduled meet. At that time they set up the competition date, and start times based on the meet entries received. Once they have all the competitors entered they notify the gyms with a detailed schedule. Then we will email you, approximately one week before the schedule meet, with your official meet information. (Date, start times, directions to the meet site, etc.) There is **NO** way possible for us to know your gymnasts' competition information any earlier.

If your gymnast needs to drop from a meet, for any reason, we can offer refunds up to 6 weeks before each meet. We are not able to offer a refund for injury unless we receive a refund from the host gym. It is recommended you not attend class the day of a competition.

The GCGC requires each gymnast to fill out the **Minor Release and Waiver of Liability Agreement**. We will keep a copy on file at Buckeye Gymnastics. You will find a copy of this form attached to this handbook. Please fill it out and bring it to your Coach as soon as possible.

USAG COMPETITIVE TEAM

Buckeye also has a USAG girl's competitive team at our Westerville location. Along with the increased opportunities that come with joining this team, comes an increased level of commitment, time and money from the gymnasts and their families. If your child is interested in trying out, please let your coach know. Try outs are generally held late winter/early spring.

Nationwide Children's Hospital Sports and Orthopedic Physical Therapy

Nationwide Children's Hospital Sports and Orthopedic Physical Therapy is pleased to provide care for Buckeye Gymnastics athletes!

Sports and Orthopedic Physical Therapists facilitate an efficient return to gymnastics after injury – and enhance gymnasts' performance – by providing physical therapy treatment at the Buckeye Gymnastics facility. Our Physical Therapists are former gymnastics themselves and will:

- Perform biomechanical analysis of gymnastics skills that may cause injury
- Provide direct guidance for progression back to gymnastics after injury
- Facilitate and encourage direct communication with gymnastics coaches

About Nationwide Children's Sports and Orthopedic Physical Therapy:

Our Physical Therapists are trained to provide age-appropriate rehabilitation to recreational, competitive, and elite athletes who have suffered bone and/or muscle injuries. Nationwide Children's Sports and Orthopedic Physical Therapy offers rehabilitative services based on research, patient education, injury prevention, and wellness. For more information, visit NationwideChildrens.org/SportsPT.

Meet Our Team:

Kimberly Van Camp, PT, DPT

- Former Level 10 gymnast at Buckeye Gymnastics with 12 years of competitive gymnastics experience
- Coach for recreational through Level 9 girls' gymnastics at Buckeye Gymnastics (Columbus, OH) and Champion Gymnastics (Ann Arbor, MI)
- Member of Eastern Michigan University Women's Gymnastics Team '04-'06
- Bachelor's degree in Exercise Science, Eastern Michigan University '08
- Doctorate in Physical Therapy, University of Michigan-Flint '12

Brittany Selhorst, PT, DPT, OCS

- Former Level 10 gymnast with 11 years of competitive gymnastics experience
- Member of Ohio State University Club Gymnastics Team '00-'03
- Bachelor's degree in Exercise Science, Ohio State University '04
- Doctorate in Physical Therapy, Ohio State University '08
- STOTT Pilates certified
- Sound Assisted Soft Tissue Mobilization (SASTM) certified
- ABPTS certified Orthopedic Clinical Specialist

To schedule a physical therapy appointment, call (614) 355-6060 or email kimberly.vancamp@nationwidechildrens.org.

Greater Columbus Gymnastics Conference
Minor Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement

In consideration of participating in **Gymnastics** I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of other participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue **The Greater Columbus Gymnastics Conference or any of it's participating gyms,** its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors or premises on which the Activity takes place, (each considered one of the "releasees" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operation and further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the **Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement**, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

_____ Date: _____
Printed name of Participant

Signature of Participant or Participant's Parent

Parental Consent

And I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sue and **Agree to Indemnify and save and hold harmless** each of the Releasees from all liability, claims, demands, losses or damages on the minor account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I , the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, **I will indemnify, save and hold harmless** each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim. I further understand the following league rules are in effect and expected to be followed by myself and all spectators at league meets. In the event that I break any of these rules I understand it will result in my inability to attend meets and my child's dismissal from league participation.

GCGC League rules

- 1.) No person shall enter the gymnastics competition area for any reason other than league coaches and athletes.
- 2.) No person shall conduct themselves in a poor sportsmanlike manner. This includes defamation of or inappropriate speech towards judges, coaches, or other league teams.
- 3.) Each athlete is required to have personal insurance coverage.
- 4.) No flash photography during a meet.

_____ Date: _____
Printed name of Parent or Legal Guardian

Signature of Parent or Legal Guardian



**Scarlet and Grey Team
2016-2017 Team Apparel**

The S & G Team has the option to purchase Buckeye apparel. You may choose to order this apparel, or wear the Buckeye apparel from the previous years, or a leo of your choice. Each piece is sold separately. If you choose to purchase any of the pictured apparel, **you will need to place your order no later than OCT 7.** The estimated delivery date for all apparel is 4-6 weeks.

The cost of the leotard is: \$30. The leo will be black lycra with metallic silver side panels, a sunburst rhinestone on the front and Buckeye Gymnastics in rhinestones on the back.

The cost of the full front zip warm up jacket is: \$50. The warm up jacket is black with the Buckeye Gymnastics embroidered in red stitching on the back. No Name will be added to the front.

(This full front zip warm up jacket will have the Buckeye Gymnastics logo embroidered in red.)

Payment in **FULL** will be needed for your order to be placed.

If you choose to purchase any of the apparel please complete the order form below. Then drop off the completed order form along with your payment of cash, check or charge to the front desk at Powell or Westerville.

Apparel will be delivered to the front desk of your HOME gym.

Gymnast Name: _____

POWELL or WESTERVILLE (circle one)

Form of Payment: _____ Amount Paid: _____ Date: _____

We are using the "GO FOR THE GOLD" vendor. There are **NO** leo samples for the gymnasts to try on. The fit for the sizing is based on clothing sizes listed next to the sizes below. Please try on the jacket samples. They seem to run large.

PLEASE CIRCLE THE SIZE YOU ARE ORDERING. Thank you.

LEOTARDS:

- Child Small (6/6X)
- Child Medium (7/8)
- Child Large (10-12)
- Child X-Large (12-14)
- Adult X-Small (JR 0-3)
- Adult Small (JR 5-7)
- Adult Medium (9-11)
- Adult Large (13-15)

\$30.00



Side Panel



WARM UP JACKET
sizes: YXS, YS, YM, YL, AXS, A
S, AM and AL.
Jackets must be sized
before ordering.

JACKET SIZE: _____
Parent Signature: _____

\$50.00

Ohio Department of Health Concussion Information Sheet For Youth Sports Organizations

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concus-sion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
- Can’t recall events before or after hit or fall.

Symptoms Reported by Athlete

- Any headache or “pressure” in head. (How badly it hurts does not matter.)
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”
- Trouble falling asleep.
- Sleeping more or less than usual.

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- No athlete should return to activity on the same day he/she gets a concussion.
- Athletes should NEVER return to practices/games if they still have ANY symptoms.
- Parents and coaches should never pressure any athlete to return to play.

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

Returning to Play

1. Returning to play is specific for each person, depending on the sport. Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

- Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).
- Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).
- Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).
- Step 4: Full contact in controlled practice or scrimmage.
- Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

www.healthyohioprogram.org/concussion

Resources

ODH Violence and Injury Prevention Program
www.healthyohioprogram.org/vipp/injury.aspx
Centers for Disease Control and Prevention
www.cdc.gov/Concussion
National Federation of State High School Associations
www.nfhs.org
Brain Injury Association of America
www.biausa.org/

Ohio Department of Health

Violence and Injury Prevention Program
246 North High Street, 8th Floor
Columbus, OH 43215
(614) 466-2144