

Return to play protocol Waterpolo (player)

The athlete must not show symptoms for 24 hours before going to the next stage :

- dizziness
- head ache
- nausea/vomiting
- fatigue
- balance problems
- sensitivity to light or noise
- concentration
- memory loss trouble de mémoire
- numbness
- anxiety
- sadness
- irritability
- inhabitual moodiness

If symptoms occur, return to the preceding stage 24 hours after they disappear.

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| Stage 1 |
| Contra-indications/limitations |
| - Physical activity and symptoms |
| Aim of the stage |
| Complet rest without symptoms for 24 hours |

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| Stage 2 |
| Contra-indications/limitations |
| - Head aches or symptoms - Contacts - Hit to the head - Pool |
| Aim of the stage |
| Light intensity physical activity |
| Exercises |
| Stationnary bike 20 minutes 75% HRmax or 65%VO2max |

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| Stage 3 | | |
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| Contra-indications/limitations | | |
| <ul style="list-style-type: none"> - Head aches or symptoms - Contacts - Diving | | |
| Aim of the stage | | |
| Increase intensity to check tolerance to effort. Swimming : crawl with head up | | |
| Exercises | | |
| Activation | Training | Technical work |
| With dryland with team + 5' «egg beater» | Swimming Crawl Intervals 3 x 5 x 10":20" During 20" rest «eggbeater» and passes | - 10' passing in place with regular weight ball (alternate arms) |

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| Stage 4 | |
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| Contra-indications/limitations | |
| <ul style="list-style-type: none"> - Head aches or symptoms - Avoid possibility of contact with other players - Diving | |
| Aim of the stage | |
| Intensity + change of direction with waterpolo specific sprints and technical aspects or «controlled» game situations Swimming : back crawl and side crawl Return to weight training. | |
| Activation | with team + 10 times : 10 seconds holding breath underwater (10 sec rest) |
| Exercises in pool | |
| Here is an example | |
| <ol style="list-style-type: none"> 1. Accelerations on pool length (head out of water) : 60-70-80-90-100% (30 seconds rest between repetitions, passing the ball) 2. Sprints max straight line on pool length (head out of water) repeat 5 times : about 8-10 seconds per repetition, pass the ball for 30 seconds between repetitions 3. Sprint half of the length straight line, turn and receive long pass 3x/side alternate 4. 2' rest 5. Sprint half of the length straight line, turn and receive long pass, shoot on net 5x/side alternate 6. Active rest : passes, with arm feint («Baulking») 7. 10x sprints (alternate sides or specific positioning on «field») : face oponent net, simulate loss of possession and sprint to defensive positioning (defensive patterns) 8. 2 minutes, passes with partner 9. 5 x 10" reaction time exercises (move on command or visual or auditory sign : left/right/front/back/jump/varying the speed of eggbeater) with 20" rest between sets 10. 10 x swim 5 meters with ball, do a feint («Baulking») and shoot (no opponents) 11. 2 minutes, passes 12. 10 x receive a pass, do a feint («Baulking») and shoot (no opponents except goalkeeper) 13. 2 minutes, swim backstroke 14. Cool down and stretch | |
| Comments | |
| For weight training : do not go over 80% of 1RM and avoid jumps, power lifting and exercises in inclined position where the head is below the hips (ex : back extension on bench). If no symptoms occur, add one complex exercise per session and progressively integrate jumps by starting with jump rope as a warm up. | |

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| Stage 5 | |
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| Contra-indications/limitations | |
| - Head aches or symptoms | |
| Aim of the stage | |
| <ul style="list-style-type: none"> - Intensity + change of direction with soccer specific sprints and technical aspects - Possible contacts - «random» game situations - Diving | |
| Activation | Practice session |
| With team + 5 dives in the water from the side of the pool | Practice session with team or see example below |
| Example | |
| <ol style="list-style-type: none"> 1. Accelerations on pool length (head out of water) : 60-70-80-90-100% (30 seconds rest between repetitions, passing the ball) 2. Sprints max straight line on pool length (head out of water) repeat 5 times : about 8-10 seconds per repetition, pass the ball for 30 seconds between repetitions 3. 2' passes 4. Sprint half of the length straight line, turn and receive long pass 3x/side alternate 5. 3' rest 6. Sprint half of the length straight line, turn and receive long pass, shoot on net 5x/side alternate 7. Dive 10 times in the water from the side of the pool 8. Active rest : passes, with arm feint (feinte) 9. 10x sprints (alternate sides or specific positioning on «field») : face oponent net, simulate loss of possession and sprint to defensive positioning (defensive patterns) 10. 3 minutes, passes with partner 11. 10 x Duels 1 v 1 to get ball or rebound 12. Rest 3' 13. 10 x defensive Blocks 14. Rest 3' 15. 3 v 3 situations on smaller surface 16. Cool down and stretch | |
| Comments | |
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| Stage 6 | |
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| Contra-indications/limitations | |
| - Head aches or symptoms | |
| Aim of the stage | |
| Return to competition | |
| Exercises | |
| Back to normal team activities | |