

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
- in habitual moodiness

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

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

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		
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	
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 opponent 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	
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 positionning on «field») : face oponent net, simulate loss of possession and sprint to defensive positionning (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	

Stage 6	
Contra-indications/limitations	
- Head aches or symptoms	
Aim of the stage	
Return to competition	
Exercises	
Back to normal team activities	