



RETURN TO PLAY

Post Injury or Car Accident

Prioritize Your Health

Your well-being is our top priority. Before returning to rowing, we require you to obtain medical clearance from your healthcare provider.

Gradual Return to Rowing

Returning to rowing will be a gradual process to safeguard your health and optimize your recovery. The following stages outline the step-by-step progression:

Stage 1: Rest and Recovery

Allow your body to rest and heal. Avoid engaging in any physical activity that could exacerbate your injuries.

Stage 2: Light Aerobic Exercise

Once cleared by your healthcare provider, you can begin light aerobic exercises like walking or stationary cycling to reintroduce gentle movement.

Stage 3: Ergometer Training

Under the guidance of a qualified coach, start ergometer (rowing machine) training with low resistance and a focus on proper technique.

Stage 4: On-Water Rowing (Technical)

Progress to on-water rowing with low-intensity, technique drills to gradually reacclimate to the rowing environment.

Stage 5: On-Water Rowing (Non-Technical)

Gradually incorporate racing intensity as your body adapts to the increased demands.

Stage 6: Return to Full Rowing Training

Once you have successfully completed the previous stages without any setbacks or symptoms, you may resume full rowing training.

Regular Communication

Keep us informed throughout the RTP process. Attend scheduled follow-up appointments with your healthcare provider and communicate with our coaching staff about your progress.

Rest and Recovery

Adequate rest and recovery are essential. Ensure you get enough sleep and allow time for your body to heal between training sessions.

Psychological Support

We understand that an injury or car accident can have emotional impacts. If needed, please reach out to us. We can provide support or help you find resources to assist you in coping with any related challenges.