

## Rowing following a concussion

Rowing is a **low-risk sport** for concussion. Most movements are **cyclical, predictable, and non-contact**, meaning the risk of head injury is minimal once an athlete has recovered.

Although the sport itself is low risk, concussion can affect **balance, coordination, reaction speed, and concentration** — all of which are essential for safe rowing. A structured pathway ensures a safe return to training on land and water.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p><b>Low risk exercise &amp; training</b> Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training.</p> <p><b>Focus on fitness</b></p> <p><b>Rowing specific exercise</b> Ergometer at very low intensity (<math>\leq 75\%</math> effort, short sessions). Technical drills on the erg focusing on form. Land-based rowing movements (rowing arms-only / legs-only).</p> <p><b>Optional water reintroduction:</b> single sculling strokes at easy pace in controlled conditions (only if balance and coordination are reliable).</p>
<p><b>R2P Medical Assessment</b> to assess fitness to start a Gradual Return to Sport</p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p><b>Gradual Return to Rowing training</b></p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> <li>- Ergometer sessions at increasing intensity (steady state → intervals).</li> <li>- Full water sessions at training pace.</li> <li>- Crew rowing reintroduction: drills for timing and rhythm (no race pace yet).</li> </ul> <p><b>If remains well, progressing to:</b></p> <ul style="list-style-type: none"> <li>- Full-volume erg sessions, maximal testing if needed.</li> <li>- On-water training at full intensity, competitive seat racing.</li> </ul>
<p><b>R2P Medical Assessment</b> to assess fitness to return to unrestricted sport</p>		
Day 21	Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage	Return to full competitive rowing



