

## Swimming (competitive) following a concussion

Competitive swimming is a **low-risk sport for concussion**.

However, because of the inherent risks of a **water environment**, the key is ensuring the swimmer is **fully symptom-free** before re-entering the pool. With careful monitoring, a **phased return from Day 7** and **full competition from Day 14** is safe for many.

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. <b>Focus on fitness</b></p> <p><b>Swimming (competitive) specific exercise</b></p> <ul style="list-style-type: none"> <li>- Easy swims, 25–50m repeats at steady pace.</li> <li>- Kick sets with board</li> <li>- Light drills (catch-up, sculling, body balance).</li> </ul> <p><b>Restrictions:</b> No diving starts, tumble turns, or underwater dolphin kicks yet.</p> <p><b>If remains well, progressing to:</b></p> <ul style="list-style-type: none"> <li>- All strokes at moderate intensity.</li> <li>- Turns and underwater phases reintroduced.</li> <li>- Sprint work in small doses (25–50m).</li> <li>- Aerobic sets up to ~75% normal training volume.</li> </ul>
<p><b>R2P Medical Assessment</b> to assess fitness to start a Gradual Return to Sport</p> <p><i>Early return to competition at this stage may be acceptable providing the patient is: Symptom-free, has tolerated return to swimming and has no issues with dives, turns and underwater phases.</i></p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p><b>Gradual Return to Swimming (competitive) training</b></p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> <li>- Full sprint and lactate sets.</li> <li>- Race-pace efforts with dives and turns.</li> <li>- Relay takeovers and competitive starts.</li> </ul>
<p><b>R2P Medical Assessment</b> to assess fitness to return to unrestricted sport</p>		
Day 21		<b>Return to full competitive Swimming (competitive)</b>

