

## Sports Participation Guide

After Traumatic Brain Injury, athletes are at higher risk of suffering a second head injury and typically will take longer to recover from the same injury. Recovery after recurrent or complex head injuries may have a poorer outcome. It is very important to avoid activities that have higher risk of head injury. It is our **medical recommendation** that athlete with a history of complex or chronic head injury **not** participate in **contact / collision (\*)** sports.

NO	MAYBE (after discussion with concussion specialist)	YES (with supervision)
Basketball *Boxing Challenge rope courses Diving Field Hockey *Football Hang-gliding *Ice hockey Lacrosse Martial arts Rock repelling Racquetball *Rodeo *Rugby Sky diving Soccer Team handball Water polo Windsurfing/surfing *Wrestling Field Sports (Pole Vault) Dodgeball Roller coasters *ATV & 4-Wheelers	Baseball - no pitcher, catcher or shortstop, <b>helmet</b> for batting Bicycling - with <b>helmet</b> Cheerleading Canoeing/kayaking - flat water Fencing Field Sports - High Jump Floor Hockey Gymnastics Skating - inline, roller, with <b>helmet</b> Skiing - cross country, downhill, water with <b>helmet</b> Softball - no pitcher, catcher or shortstop, <b>helmet</b> for batting Squash Ultimate Frisbee Volleyball Kickball Amusement Park Rides other than roller coasters <b>avoid those with seizure precaution statement/warnings</b> Scuba Diving	Archery Badminton Body Building Bowling Crew/Rowing Dancing Field Sports - Discuss, javelin, shotput Golf Hiking Orienteering Power Lifting Race Walking Riflery Rope Jumping Running Sailing Swimming Strength Training Tennis Track Weight Lifting Yoga

\_\_\_\_\_ should not participate in \_\_\_\_\_ sports in the red zone.

\_\_\_\_\_, MD/PNP/RN

\_\_\_\_\_ Date

Parent/Patient Signature \_\_\_\_\_