



volleyballnb.org

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RETURN TO PLAY

If an athlete is injured seriously enough to seek medical attention, he/she may only return to training or competition after consent from a VNB approved medical staff member has been received.

Guidelines for Safe Return to Play*

Athlete is pain free

Athlete has no swelling

Athlete has full range of motion (compared to the injured part with the uninjured opposite side)

Athlete has full or close to full (90 percent) strength (compared to the uninjured side)

For lower body injuries- athlete can perform full weight bearing on injured hips, knees and ankles without limping

For upper body injuries – athlete can perform throwing movements with proper form and no pain

Volleyball New Brunswick will be following Volleyball Canada's Concussion policy with regard to Return to Play, with the exception that we will not have Medical Staff on site to do concussion assessments; athletes will be taken to the nearest medical facility as per the medical waiver.

*These are guidelines only; coaches must follow the physician's advice regarding return to volleyball.