

# Calgary Foothills Soccer Club

## Return To Play Guidelines



The Calgary Foothills Soccer Club is committed to ensuring all players mitigate the potential for injury and return to the field safely and effectively following an injury of any severity.

### **Pre-Training Preparation & Injury Prevention - Mobility and Activation**

Prioritize mobility and activation exercises before every session. Our Pre-Activation Routine is specifically designed to prepare you for safe training. [Watch it here.](#)

### **Minor Injuries**

A minor injury not requiring immediate medical attention typically includes those that are relatively mild, manageable with basic first aid, and do not significantly impair daily activities or athletic performance.

Examples:

- Contusions (Bruises)
- Superficial Cuts or Abrasions
- Muscle Strain (Grade 1)
- Ligament Sprain (Grade 1)
- Blisters

We recommend utilizing the RICE Protocol (Rest, Ice, Compression, Elevation), over-the-counter medications like Tylenol or Ibuprofen, and training modifications until symptoms subside.

### ***Medical attention should be sought if:***

- Pain or swelling increases over time.
- Movement becomes more restricted.
- Symptoms persist beyond a few days without improvement.
- There's any doubt about the severity of the injury.

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### Serious Injuries

A serious injury significantly impairs an athlete's ability to perform normal activities or participate in sports and may require immediate or specialized medical attention. These injuries often involve significant pain, swelling, loss of function, or structural damage.

Examples:

- Fractures
- Ligament Tears (Grade 2 or 3 Sprains)
- Severe Muscle Strains (Grade 2 or 3)
- Dislocations
- Concussions or Head Injuries
- Tendon Injuries (e.g., Ruptures)
- Deep Lacerations or Open Wounds
- Stress Fractures
- Internal Injuries

*In the event of a serious injury, the following steps should be taken immediately:*

1. **Stop** activity
2. **Immobilize** the area
3. **Apply** basic first aid
4. **Seek** medical attention

We have outlined a step-by-step comprehensive process to support a smooth recovery from a serious injury.

The first step in the process is to establish contact with **Vivo Cura Health**. *All players must do this before returning to play.* Refer to the card you were provided, or [click this link](#) to contact Vivo Cura.

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**1. MEDICAL CLEARANCE**

- ✓ Contact Vivo Cura (or healthcare provider).
- ✓ Get assessed by a physiotherapist or sports doctor.
- ✓ Obtain a Return-To-Play clearance letter.

**2. SUBMIT & CONNECT**

- ✓ Give the clearance letter to your coach/staff before returning to training.
- ✓ Connect with Foothills Sports Science team to build recovery plan.

**3. GRADUAL RETURN**

- ✓ Follow reintroduction plan (mobility → controlled movement → full training.)
- ✓ Stay in communication with therapist, Sports Science staff, and coaches.

**BENEFITS FOR FOOTHILLS MEMBERS**

- ✓ **FASTER ACCESS AND REDUCED DELAYS:** Direct routes to sports-medicine physicians, physios, and athletic therapists.
- ✓ **INTEGRATED REHAB AND INDIVIDUALIZED HEALTH MANAGEMENT:** Vivo Cura works directly with Foothills, ensuring clear communication, consistent rehab plans, and safer, more reliable return-to-play.

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### General Return to Play Guidelines for All Players

#### Movement-Specific Considerations

1. Ball Striking:
  - Groin and quadriceps muscles may be deconditioned after time away. Start with shorter distances and lower volume, gradually increasing as tolerated.
2. Sprinting:
  - Reintroduce sprinting gradually, paying close attention to hamstrings and glutes, as these are prone to injury after inactivity.
3. Cutting and Change of Direction:
  - Be cautious with lateral movements to avoid ankle and knee injuries. Competitive scenarios place higher forces on these joints compared to solo training.

#### General Recommendations

- Hydration and Nutrition:
  - Stay hydrated and bring easily digestible snacks to maintain energy levels during training.
- Recovery Strategies:
  - Prioritize rest and adequate sleep.
  - Maintain balanced nutrition to support muscle repair and energy restoration.
  - Incorporate active recovery, such as 5–10 minutes of light movement post-session, to reduce stiffness and promote blood flow.

#### Long-Term Impact

Athletes who maintained conditioning, speed, and strength training during recovery are less likely to sustain re-injury. However, we recommend you reduce initial training volume and gradually build up intensity as your injury improves to match sport demands.