



ARTISTIC
SWIMMING
AND CONCUSSIONS

CONCUSSIONS ARE A RISK IN ARTISTIC SWIMMING?

Video

[HTTPS://WWW.
YOUTUBE.COM/
WATCH?V=Y3UP
XZ1BIXE&FEATUR
E=YOUTU.BE](https://www.youtube.com/watch?v=Y3UPXZ1BIXE&feature=youtu.be)

UNDERWATER RISK



CLOSE PROXIMITY



DIFFERING TECHNIQUE



FATIGUE & TIMING

WHERE ARE WE AT ...

PREVENTION

RECOGNIZE FATIGUE

TRAIN HIGHLIGHTS EARLY IN PRACTICE

WARM-UP FLYER

WARM-UP STACK

BE A GOOD TEAMMATE

RECOGNIZE SIGNS & SYMPTOMS

IMPLEMENTATION

POLICIES: AT NATIONAL TEAM, AT
PROVINCIAL LEVEL, AT CLUB LEVEL

TRAINING: MAKING HEAD WAY IN SPORT
– MANDATORY IN PATHWAY

CONCUSSION SPORT SPECIFIC TRAINING

UNDERSTANDING RTP – NUANCES WITH
UNDERWATER BREATH HOLDING AND
BEING UPSIDE DOWN

ADMINISTRATION

IMPLEMENTATION

DUTY OF CARE

DATA COLLECTION – TIME IN PRACTICE? IN
WEEK? IN TRAINING PHASE?



REALITIES

PROVINCIAL ASSOCIATION QUITE WELL ADVANCED

NUANCES OF OUR SPORT

DEVELOPING NATIONAL POLICY APPLICABLE TO ALL LEVELS



The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The largest droplet is in the bottom right corner, and there are smaller ones in the top left and bottom center.

NEXT STEPS

WORKING GROUP PROVINCIAL & NATIONAL REPRESENTATIVES
RESEARCH ON EFFECTS OF SHORT AND LONG IMMERSION TIMES
RESEARCH ON EFFECTS OF UPSIDE DOWN IMMERSION



THANK YOU

SYNCHRO