The Return-to-Practice Instruction Handoff

Explain the changed routine before expecting the athlete to know it.

A return needs approved participation boundaries and a clear instruction handoff, with reporting duties handled separately.

Example: after a planned trip, an athlete returns to a changed station order. The approved assistant explains the new route, checks the first destination, and forwards the parent's pickup question.

01 Confirm the return

Use the program's required process.

Return session and reason category

Participation decision role

Approved activity boundaries

Required condition still unresolved

02 Find missed instruction

List only relevant changes.

Team routine changed

Signal or route to reteach

Equipment or schedule change

Current coach instruction

The Return-to-Practice Instruction Handoff / Review & follow-through

03 Arrange the handoff

Give explanation a responsible adult.

Approved explaining adult

First step to demonstrate

Athlete understanding check

Permitted question or waiting point

04 Close the loop

Preserve questions and follow-up.

Family information explained

Question awaiting an answer

Routine understood after session

Next session support check