



Injury Management Policy

Reviewed January 2016

Our gym is a Nut Free Zone- Please respect and consider this when sending lunch and snacks for your children.

New Injuries

While all care is taken within the gym to limit the amount of injuries, it is inevitable that they will still occur. An injury in training may or may not require medical assessment depending on the nature and severity. Any injury should be reported to the child's coach immediately.

The first steps of management can be taken in the gym and at home. A new injury that involves soft tissue should first be managed with a pliable ice pack straight after the injury for between 20 – 30 minutes. Ice can be gained from the Gym Refrigerator which is located near the Water Bubbler. Ask your coach for an ice bag from the office. This should be repeated every 2-3 hours within the next 2 days if deemed necessary. With significant amounts of swelling, some light compression (i.e. Elastic Bandage) may also help and of course, if there is any concerns at all over the injury consult a doctor. (RICER) Any hard tissue injury will be immobilized and medical diagnosis recommended.

Existing Injuries

Gymnasts have a certain level of responsibility in the management of their injuries. Such management involves correct warm up procedures specific to the injury, appropriate care during training (such as taping or reduction in hard impact landings), and icing the injury on a regular basis directly after training. The Doctor / Physio may also recommend exercises or other aspects of treatment to be pursued at home or in the gym and it is also the responsibility of the gymnast to diligently carry these out. It is also the gymnast's role to ensure that your coach knows all information relating to the injury.

First Aid

When an injury or accident has occurred, the Gymnasts involved or a Gymnast close by is to directly notify the Coach in charge. **When an injury is serious** or where the child is unable to continue for the remainder of the session, attempts are to be made immediately to contact the parent or carer. The Head Coach/Shift Manager will assess the incident and call for an ambulance where necessary. Our staff are first aid qualified but unable to make medical diagnosis. All care will be taken to ensure suitable medical attention is applied.

Ice is to be administered if required, and the Gymnast comforted and made comfortable.

An Incident/ Injury Form is to be completed by the attending coach for processing through the RSL Risk Management System. This is to be completed for ANY injury that requires medical attention.

Parents, it is IMPORTANT that all details are correct on your child's Enrolment Form in order for us to contact you.

All injuries where an accident report has been written will be documented on-line through the Castle Hill RSL Risk Management System, this is followed up through the WH & S Process for investigation and assessment.

Injury Clearance Policy

In cases where serious injury or sickness has occurred it is required that an injury clearance is obtained from a "Physiotherapist" or "Doctor / Specialist" regarding whether or not the athlete can return to training.

The injury clearance must be handed **personally** to the Head Coach who will give authority to the athlete to commence training at the level and intensity as deemed necessary or that which has been suggested by the clearance.

Training will not recommence until the club receives this document and no exceptions can be made.

Medical Conditions

It is the responsibility of the Parent/Guardian to complete the enrolment form with accurate information on any pre existing medical condition for the child/athlete. This will enable a medical care plan to be put into place to ensure the condition is managed where required.

For the safety and protection of the clubs members, any gymnasts suspected with the following conditions will not be allowed to participate in gymnastics classes until clearance is given:

- Influenza
- Chicken Pox
- Head Lice