



Accident and Injury Policy

1. Purpose

This policy outlines how the club manages injuries to ensure the health, safety, and welfare of all gymnasts. It applies to gymnasts at every level and is written in line with British Gymnastics welfare and safety expectations.

2. General Principles

- The welfare, health, and safety of gymnasts is our highest priority.
 - Coaches are trained to adapt and modify training appropriately.
 - Coaches do **not** diagnose injuries or provide medical treatment beyond recognised first aid.
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3. Reporting Injuries

If a gymnast experiences an injury **either inside or outside the gym**, parents/guardians (or the gymnast where appropriate) must:

1. Inform the coaching team as soon as possible.
2. Share any relevant instructions or restrictions provided by a medical professional (e.g., rest requirements, activity limitations, rehabilitation exercises).

Any injury sustained in the gym that requires more than basic first aid will be recorded in accordance with British Gymnastics' incident reporting procedures.



4. Attendance Whilst Injured

Where it is medically appropriate—and the gymnast feels well enough—they are *encouraged* to continue attending training so that coaches can provide adapted activities.

This helps maintain general fitness, strength, and flexibility without placing strain on the injured area.

Important points:

- Gymnasts must not take part in activities that contradict medical advice.
 - Coaches may restrict a gymnast's participation if they believe an activity would be unsafe.
 - A gymnast may be required to obtain **medical clearance** before resuming full training.
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5. Types of Injuries and Training Adaptations

A. Injuries that are usually easier to train around

Examples: ankle sprains, wrist injuries, or injuries affecting a single limb.

In these situations, coaches can offer conditioning and strength work that avoids the injured area.

Where physiotherapy exercises have been prescribed, gymnasts may complete these during training sessions when appropriate.

B. Injuries that significantly limit movement

Examples: rib injuries, back problems, or acute pain affecting everyday activities.

In these cases, training options may be limited. Activities may include:

- Gentle stretching (if safe)
- Mobility and conditioning for unaffected areas
- Choreography work (where appropriate)
- Observation and feedback within partnerships
- Educational tasks (such as routine analysis)

All decisions will be made on a case-by-case basis with safety as the priority.



6. Chronic or Persistent Pain

Ongoing low-level pain should **not** be ignored or trained through.

If a gymnast experiences persistent aches or discomfort for more than a few weeks, they should be assessed by an appropriate medical professional (such as a doctor or physiotherapist).

Training modifications will follow the medical advice provided.

7. Injury Feedback and Monitoring

Coaches may ask a gymnast to complete an Injury Feedback Form for a set period. This helps:

- Maintain clear communication between coaches, gymnasts, and parents
- Track recovery
- Support safe decision-making regarding training load

These records may be accessed by coaches, the gymnast, and their parents/guardians.

8. Commitment to Gymnast Welfare

We are committed to supporting every gymnast throughout their training and recovery.

If gymnasts or parents have any concerns about injuries, adaptations, or wellbeing, they are encouraged to speak to a member of the coaching team at any time.

Our aim is to work together to ensure that every gymnast feels safe, supported, and able to progress at a pace that is right for them.

9. Acknowledgement

By attending training sessions at the club, gymnasts and parents agree to follow the processes outlined in this policy.

This policy is designed to ensure the safe, consistent, and appropriate management of injuries within our gymnastics community.
