



## **Accident/Injury Policy**

Injuries can happen at any time inside or outside of the gym, Coaches are well trained to manage and adapt training for gymnasts as needed. Whilst this policy is mainly referring to Squad level gymnasts it can still be applied and adapted to gymnasts at any level.

- If a gymnast encounters an injury within or outside of the gym, coaches should be informed of the injury and any specific details or requirements given by a medical professional
- Gymnasts should still attend training sessions despite an injury in most cases, Coaches will provide adaptive training that they can do around the injury - this is so that gymnasts do not lose strength or fitness in other aspects of their training during their recovery time.
- Not training at all for prolonged periods of time will cause a regression in other parts of their training meaning they will not be able to continue where they left off. Continuing to train the rest of their body will allow them to only regress in the affected area.
- Low level but chronic injuries (a consistent ache or pain that does not go away, but is not deemed necessary for a visit to a&e or similar) should not be left unseen and trained on. The gymnast and parent will need to get it seen by a professional, this may be a doctor, physio or similar to identify the cause and a recovery programme put in place that they can also add to their training practice.

In the case that an injury is in such a place that training around the injury isn't going to be possible or as easy for the gymnast, Coaches are happy to accommodate other options within the gym where safe and possible to continue training in one way or another as much as safe to do so and help them to continue any physio given to them by a medical professional. See a few examples below.

### **injuries that can be trained around more easily**

- Ankle / wrist or other injuries related to limbs - we can provide training in other aspects of the body where by these areas are given rest and are not worked during time of healing, if physio is advised they can complete this inside their training sessions

### **injuries that can not be quite so easily trained around**

- Injuries to ribs, back that genuinely limit even basic movement and daily activities - we would offer in gym activities on a case by case basis - in most cases this would include light stretching, and possibly small exercises on other parts of the body to continue strengthening those areas that are safe like light wrist or ankle mobility and strength exercises, choreography where allowed, study information, or assisting their partnerships with feedback

If deemed necessary to do so coaches will ask the gymnast to complete a feedback of injury form for a set period of time to establish a clear and open communication between gymnasts and coaches on how activities feel in relation to their injury and its recovery.

This record can be accessed by Coaches, Gymnasts and their Parents to refer to and make decisions on healthy and safe practice in their training ongoing.