



## **PAIN, INJURY, AND ILLNESS**

THE HEALTH AND SAFETY OF OUR GYMANSTS IS OUR TOP PRIORITY, THIS POLICY IS SET OUT TO ACHIEVE THIS.

### **SICKNESS**

GYMNASTS SHOULD NOT ATTEND TRAINING IF THEY ARE UNWELL

### **INJURY**

ANY INJURY, NO MATTER HOW MINOR, MUST BE REPORTED TO THE LEAD COACH OR DUTY MANAGER BEFORE TRAINING BEGINS

### **PAIN**

GYMNASTS MUST INFORM COACHES IMMEDIATELY IF THEY EXPERIENCE PAIN DURING TRAINING

### **ASSESSMENT**

THE DIRECTOR MAY DECIDE THAT BEFORE ANY FURTHER PARTICIPATION, YOU MUST UNDERGO A FORMALISED MEDICAL ASSESSMENT - THIS SHOULD BE CARRIED OUT AT THE EARLIEST OPPORTUNITY

### **RETURN TO TRAINING**

GYMNASTS SHOULD ONLY RETURN TO FULL TRAINING WHEN THEY ARE FIT AND ABLE TO ENGAGE SAFELY

### **COACH DECISION**

COACHES MAY MODIFY SESSION OR STOP SESSION IF THEY BELIEVE IT IS UNSAFE TO CONTINUE

### **RESPONSIBILITY**

PARENTS AND GYMNASTS ARE RESPONSIBLE FOR ENSURING AN ACCURATE RECORD OF INFORMATION IS SHARED WITH THE ACADEMY RELATING TO ANY HEALTH OR INJURY INFORMATION