

# CHELtenham & GLOUCESTER GYMNASTICS CLUB

## Cheltenham & Gloucester Gymnastics Club Sickness & Injury Policy

For the safety and wellbeing of our members, Cheltenham & Gloucester Gymnastics Club implements the following Sickness & Injury Policy which all parents/guardians/carers/gymnasts must abide by.

### Sickness & Injury Policy:

We urge all parents/guardians & carers to use common sense when deciding whether or not your child is too ill to attend classes. Sick children are more likely to lose focus and injure themselves so before attending classes, ask yourself the following questions:

- Is my child well enough to do the activities? If not, keep your child at home.
- Does my child have a condition that could be passed on to other children or staff? If so, keep your child at home.
- Would I take a day off work if I had this condition? If so, keep your child at home.

### **Vomiting & Diarrhoea**

Children with diarrhoea and/or vomiting should not attend classes until at least 48 hours after their symptoms have stopped. Most cases of diarrhoea and vomiting clear up without treatment, but if symptoms persist, consult your GP.

### **Chickenpox**

Children with chickenpox should not attend classes until all their spots have crusted over. Ask yourself the following questions:

- Will being handled and supported by a coach cause discomfort?
- Will activities knock the scabs off and cause scars?
- Is your child mentally sharp enough to participate safely?

### **Sprains, Strains & Breaks**

Children who have injured themselves should not participate in gymnastics unless advised by a doctor that it is safe to do so. Jumping from a height and performing fast moves can aggravate this type of injury compromising the recovery process. As most gymnastics moves involve weight bearing on the arms and hands, there is also an increased risk of falling causing further injuries.

## Rashes, Headaches & Sore Throats

Children who have rashes, headaches & sore throats may be able to still attend school, however, this does not mean they are fit enough to do sport. Gymnastics requires mental sharpness and presence of mind. If a child is not feeling fit, they are more likely to have accidents and hurt themselves.

It is every coach's responsibility to ensure gymnasts are fit and well enough to perform safely. If a coach feels it is not safe to participate, they have the right to refuse your child to take part in the session.

