



## **Injury Policy**

Swimming is one of the few sports where participants use most of the muscles within the body. Due to the supportive nature of water, it is a sport which is often prescribed for rehabilitation purposes.

However, Skipton Swimming Club is a competitive swimming club and swimming at this level places demands on the body. All swimmers should therefore be fully fit in order to train and compete at this level. Swimmers who are injured may need to have complete rest. In other cases they may be capable of undertaking adjusted training sessions to help with rehabilitation. This policy has been produced to set out the processes that will be followed where a swimmer is carrying an injury and is unable to fully participate in training and/or competition.

### **Procedure to be followed**

Unless previously notified, the Coach will assume that a swimmer who attends a training session is fit and capable of undertaking the whole of that session's programme.

If a child attends with an injury or if a swimmer injures themselves during a training session or competition, the Coach will assess the swimmer's ability to train. Should the coach decide that the swimmer should not swim, they will call the parents and the swimmer should then be collected within 30 minutes of leaving the pool.

If the injury does not recover after a minimum 48 hour period of rest, the swimmer should seek medical attention from a competent practitioner.