



THE ACADEMY OF
GYMNASTICS

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Inspiring Children

MANAGING INJURIES POLICY FOR A SQUAD GYMNAST

The management of injuries is a complex matter and professional guidance should be sought by yourself in the first instance. Our staff, although first aid trained are not medically qualified, although they may have ample experience with certain injuries their default will be to act extremely cautiously until you or a medical professional informs them of the route to be taken in rehabbing an injury and this is relayed on the Managing Injuries Link. The link can be found on the club Ipad ad parent page for easy access, as well as below. Training will be given to all parents to understand the importance of accurate recording on this form.

<https://form.jotform.com/210691323707351>

A parent should submit a form for all injuries relating to their child. This is then discussed, and notes added at the Squad Coaches Meeting, it is the parent's responsibility to keep the form updated and to advise us as to when the plan should be reviewed. A training plan (general or personal) is then devised.

Where a competitive gymnast returns to the gym with limited movement issues or wearing any medically fitted support restricting their movement an up to date risk assessment will be sent to the parent to sign that they are aware of the risks. To ensure the gymnast's recovery from injury is not compromised by the basic training programme a phased return may be necessary. This will be discussed with the parent.

The club may advise on local experienced physiotherapists but responsibility to book and attend appointments will be left with the parent and you will communicate to the coach via the Managing Injuries Form.

Please instruct your child's coach prior to visiting the medical professional, so a link to the Physio Communication - Managing Injuries Record can be forwarded. This allows for an excellent communication triangle between family, coach and the medical professional.

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ACADEMY OF GYMNASTICS CLUB LTD Private company Ltd by Guarantee

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