



## **MIDDLESBROUGH AMATEUR SWIMMING CLUB**

### **SICKNESS & INJURY POLICY**

#### **INTRODUCTION**

Swimming is one of the few sports where participants use most of the muscles within the body. Due to the supportive nature of water, swimming is often encouraged as part of rehabilitation for injuries by medical professionals. However, Middlesbrough Amateur Swimming Club (MASC) is a competitive swimming club and swimming at this level is demanding on the body. Generally, therefore, swimmers should be fully fit to train and compete. This includes managing short term illness, such as coughs and colds, which can not only impact an ability to train, but also can spread within a squad or training group easily.

If a swimmer is injured or unwell, it is essential that they reflect on whether attending training is the right thing for them, and or their fellow swimmers. Attending training with a cough or cold can have negative outcomes for both the individual and other swimmers.

#### **REPORTING ILLNESS OR INJURY**

Swimming sessions are generally pre-planned, and it is not always possible to make adaptations to sessions for individual injuries or illness without prior notice.

The coaching team will, of course, where possible, try to make adaptations to allow swimmers to train if it is safe for them do so. If a swimmer is injured, we ask that parents (for those aged under 18) or the swimmer\* (if aged 18 or over) to please contact the squad coach or head coach at least 24 hours before the session to check whether the swimmer is permitted to swim. The coaching team's decisions on these matters are final and are made in consideration of the wellbeing of the injured swimmer as well as all the others at a session.

We ask that parents and or swimmers\* to give the coach full details of the injury or illness so that they can make an informed decision as to whether it is safe for a swimmer to train.

If swimmers arrive on the night with an injury or illness the coaching team reserves the right to refuse entry to the session on the grounds of safety and respect for all members of the club.



## MODIFIED SESSION

As a rule, if a swimmer cannot attend for the full session, it is likely they should not be attending the session at all. Coaches will only allow planned shortened or modified sessions for exceptional circumstances and only when arranged in advance as part of a recovery/rehabilitation plan, or a phased return after a long absence.

## RETURNING AFTER AN ABSENCE DUE TO ILLNESS OR INJURY

Where a swimmer is returning to swimming following an injury, we ask that the parent or swimmer\* contacts the coaching team in advance so that a collaborative approach can be devised, and a plan made to build the swimmer back up and into training.

There will be occasions where the most appropriate method to do this will be for the swimmer to train with an alternative squad to make this safe and manageable for the swimmer. Each of the MASC squads have a different focus, and it is often essential to ease a swimmer back into training, to regain mobility, and fitness.

The coaching team may, from time to time, not permit a swimmer to re-enter training following injury/on-going problems until a doctor's note is provided. This is to ensure that the coaching team are satisfied that enough information is available to make an informed decision as to whether a swimmer can train safely.

## SWIMMER RESPONSIBILITIES

It is essential that swimmers, and parents take ownership of their health and well-being. It is natural to be concerned about missing training, and losing **hard fought for gains**, however the damage that can be done by training while ill or injured can have an impact for life. It's advised that swimmers seek professional advice from a sports therapist if they believe they have an injury, and take sensible precautions during periods of ill health, even for minor ailments, e.g., taking a day to rest and recuperate.

In most instances, the best approach to injury is prevention rather than cure - research suggests getting enough sleep, following the coaches' directions, attending strength and conditioning training, and completing poolside warm-ups will help prevent injuries occurring. Swimmers should always discuss any concerns they



have with their coach and ensure that they take all practical steps to maintain a healthy approach to both training and competitive events.

\*Aged 18 years or over.

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