

City of Bristol Aquatics - Protocol on Athletes Returning to Training Following Illness or Injury

City of Bristol Aquatics will work with the athlete (and its parent/carer if under 18yrs) to ensure they are fit and well enough to train and compete. The club staff although highly experienced and qualified are not medical professionals and may need to seek advice when a member wishes to return to training following illness or injury. The coach will have the final decision on whether an athlete is fit enough to train or compete.

An athlete wishing to return to training/competition following serious illness or injury, must obtain advice from their own medical practitioner, who must have an understanding of the swimming discipline and type and amount of training undertaken.

City of Bristol Aquatics Board may consult the club Medical Advisor, for advice concerning the safe return to training and/or competition in cases where advice is needed on the rehabilitation of an athlete following serious illness or injury, particularly when this follows hospital treatment.

Swim England has its own protocol on dealing with medical issues. A copy can be obtained from the COB Club Welfare Officer. The Swim England protocol involves the athlete (or parent if under 18yrs), giving written contact details of their own medical practitioner to the Swim England Medical Advisor to enable an investigation to take place. The Swim England Medical Officer will then advise the athlete, parent and club of the outcome but will take no further action. If it is considered a safeguarding issue, it will be passed to the Swim England Legal Services, Safeguarding and Protecting Children Officer for further investigation and action.

Where a swimmer has received hospital treatment following serious illness or accident, the athlete (or parent/carer if under 18yrs), must complete and sign a club Consent Form before

starting a club rehabilitation programme. The coach will consider the detail and medical advice on the Consent Form and discuss a suitable rehabilitation programme with the athlete (and parent/carer if under 18yrs). The rehabilitation programme will take into account the type of injury, athlete's age, ability, level of training, the discipline ie, swimming, synchro, water polo, personal ambitions, level of general fitness etc.

This applies to serious illness or injury which includes any hospital treatment, operations, broken bones, joint displacements, cuts/abrasions involving stitches, major strains and sprains, including treatment at an A&E Department.

After a minor illness/injury including coughs and colds, minor abrasions, an athlete may return to training and/or competition as soon as fully recovered. Athletes should not swim with chest, throat, ear infections or high temperature.

Any medical issues and/or treatment, including asthma must be reported to the coach and club Membership Officer. This information will be treated confidentially but may be shared with other coaches on a need to know basis.

April 2018