[A picture containing text

Description automatically generated](https://uk.teamunify.com/team/reczzfn/page/home)

INJURED SWIMMER POLICY

Updated: ## May 2023

*Affiliated to ASA South East Region and Hampshire County ASA*

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 also a sport which is often prescribed by the medical profession for rehabilitation purposes. However, Fareham Nomads Swimming Club (“the 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 or ill may need to have complete rest. In other cases they may be capable of undertaking adjusted training sessions to help with rehabilitation. This may include the swimmer training with an alternative squad to their normal squad until they are fit enough to resume full training with their regular squad. 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.

**Responsibilities**

The Club has a duty of care to all of its swimmers. This duty of care extends from those swimmers who are injured to those that are fully fit and capable to train and compete. Swimmers and parents also have a responsibility to ensure adherence to this policy. Our aim is to work with alongside medical practitioners to ensure the swimmer completes their rehabilitation and returns to full training as soon as possible.

**Procedure**

Unless previously notified, the Club and its officials will assume that a swimmer who attends a training session is fit and capable of undertaking the whole of that session’s programme. Swimmers who have an injury or illness should notify their Coach as soon as possible and, preferably, in advance of the training session. The Coach will then assess the swimmer‘s ability to train (or compete). If the Coach decides that it would be detrimental to the swimmer if they trained, they will not be allowed into the water. If the swimmer is receiving medical treatment for an injury or illness, this must be made known to the Coach in advance of the session.

Sometimes an injury may occur during a training session or competition. In such cases the Coach will assess the swimmer’s ability to continue. Should the Coach decide that the swimmer should not continue, the swimmer should stop swimming and be collected by their parent/career. If the injury does not recover after a (minimum) 48-hour period of rest they should seek medical attention from a competent medical practitioner (ideally a sports physiotherapist).

Next steps:

* A competent medical practitioner (ideally a sports physiotherapist in cases of injury) must be consulted within seven days of an injury or illness occurring, using the form at the end of this policy document
* The practitioner’s diagnosis and rehabilitation program must be given to the swimmer’s coach
* Where training may continue, the swimmer will remain in their current squad for a four-week period, providing it does not impact on the other swimmers; if it does they will be moved to an alternative squad
* Following a four-week period from the consultation with the practitioner, the swimmer will be moved into an alternative squad if sufficient progress is not evident
* The swimmer may only then return to their own squad once passed fit enough to return to full training by the practitioner
* If the coach decides that it will be detrimental to the swimmer if they train, they will not be allowed into the water
* No swimmer shall compete whilst in rehabilitation without agreement from the Club Coach

**Payment of Club fees**

Swimmers who are unable to attend swim sessions due to an injury or illness should continue to pay their monthly Club fees to ensure they retain their continued membership within the Club. If the injury or illness is likely to prevent the swimmer from swimming **for more than one month**, they should notify the Chair or the Secretary (as well as their Coach). If a swimmer is unable to attend training sessions for a period of time on medical grounds, the committee have the power to reduce training fees for the duration of the absence by up to 100%, with all cases being considered on a case-by-case basis.

**Please note**: any agreed reduction will apply only to training fees – monthly membership fees will still be payable in full.

Approved by the Club Trustees on ###.

[A picture containing text

Description automatically generated](https://uk.teamunify.com/team/reczzfn/page/home)

*PLEASE HAND THIS TO YOUR*

*MEDICAL PRACTITIONER*

**To Whom It May Concern**

Thank you for agreeing to see this swimmer to help them overcome their current injury/illness. I would like to give you a brief overview of the training demands of our swimmers. Swimmers are required on poolside 10 minutes prior to pool training sessions to complete an appropriate ‘dry land’ warm-up which is followed by a pool-based, session-specific warm-up. A competitive training session involves swimming at a high intensity up to nine times per week with distances up to 7km dependent on squad (see table below).

|  |  |  |  |
| --- | --- | --- | --- |
| **Squad** | **Sessions per week** | **Session Duration** | **Hours Per Week** |
| Rising Stars | 2 | 1 hour | 2 |
| Foundation | 3 | 1h – 1h15m | 4 |
| Development | 5-6 | 1h15m – 1h30m | 7-9 |
| Junior Competitive | 7 | 1h30m – 2h | 10 |
| Senior Competitive | 4-6 | 1h30m – 2h | 6-10 |
| Performance | 8 | 1h30m – 2h | 13 |
| Masters | 1-2 | 1h30m – 2h | 2-4 |

Swimmers are expected to be able to complete the session and not need to stop for extra rest when it's not been given. Depending on where in the training cycle swimmers are, they will be using varying different energy systems working at different intensities. All strokes are covered during the sessions so swimmers do not just stick to one specific stroke.

They are always given suitable recovery time for the set they have completed however this will only be after a period of high-intensity swimming. Swimmers during the session are asked to swim full stroke, but also work on parts of the stroke. Different drills are given to swimmers which can put more pressure on certain parts of the body or movement patterns, not just simple swimming all the time.

To help aid this swimmer’s recovery back to full fitness, I would appreciate it if you could complete a short feedback and rehabilitation plan so that collaboratively we can ensure this swimmer is supported in the most appropriate way. I also include my contact details should you wish to contact me personally to discuss the best way forward to support this swimmer.

Dave Terry

Club Coach

[club.coach@farehamnomads.co.uk](mailto:club.coach@farehamnomads.co.uk)

**Practitioner Assessment / Rehabilitation Plan**

|  |  |
| --- | --- |
| Practitioner: | Qualification: |
| Contact number: | Contact email: |
| Date of visit: | Patient: |

|  |  |
| --- | --- |
| Symptoms presented: | |
| Practitioner’s diagnosis:  Fit to train, no adjustment needed  Adjustment to training needed  Total rest | |
| Recommended adjustments to training:  Full recovery expected: Yes  No  If ‘yes’, approximately when: | |
| Next appointment: | |
| Signed: | Date: |