



Reading Swimming  
WWW.READINGSWIMCLUB.ORG

## Sports Injury Policy

UPDATED 26<sup>th</sup> September 2022

### Policy Statement

It is the policy of Reading Swimming Club to support the swimmer with an injury affecting the members ability to swim.

### Guidelines

1. If a swimmer becomes injured, they should seek advice from a medical professional to decide whether the injury will affect their ability to swim.
2. If it is deemed the swimmer is unable to swim for the duration of more than 1 month, notice must be given to one of the coaching team and Club Secretary in the form of a letter or email.
3. After 1 month's notice has been received and served, the monthly training fees will be deferred until the swimmer returns, providing membership is paid up to date.
4. In the interests of safety, the swimmer will be required to obtain medical advice and clearance from a doctor or physiotherapist before returning to swimming.
5. On returning, the coaching team will assess the swimmer and where necessary, move the swimmer to an alternative squad to promote recovery and rehabilitation. The coaching team's decision will be made by placing the swimmer's health at the forefront of their findings, whilst being mindful about the cost implication to the contrary.
6. The coaching team will advise the Club Secretary, Treasurer and Membership Secretary once the swimmer has resumed swimming and advise them of their squad allocation.
7. Should the injury run into a new season, the swimmer must make an informed decision as to whether it would be a realistic expectation to cope with the prescribed workload by remaining in their allocated squad for the remainder of that season.
8. If the swimmer wishes to remain in their allocated squad having made an informed decision about their ability to cope with the prescribed workload, then full membership will be renewed immediately.
9. Full squad fees will resume the moment the swimmer resumes their swimming training.