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**WEST DORSET SWIMMING CLUB**

**Injured Swimmer 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, it is also a

sport which is often prescribed by the medical profession for rehabilitation

purposes. However, WDSC is a competitive swimming club and swimming at

this level places demands on the body. Athletes should, therefore, be fully fit

in order to train and compete at this level.

Swimmers who are injured 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 at an earlier session

than normal until they are fit enough to resume normal training.

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.

**Procedure to be followed**

Unless previously notified, the Swimming 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 are

carrying an injury 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, this must be made

known to the Coach in advance of the session.

Sometimes a swimmer will injure themselves during a training session or

competition. In such cases the Coach will assess the swimmer’s ability to

continue.

**Responsibilities**

WDSC has a duty of care to all 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 of ensuring adherence to

this policy.

**Payment of swim fees**

Swimmers who are unable to attend swim sessions, due to an injury, should continue to pay their monthly swim fees, to ensure they retain their continued membership within the Club.

If the injury is likely to prevent the swimmer from swimming for more than one month, they should notify the Membership Secretary as well as their Coach.

Where the swimmer is unable to swim for 2-3 months, due to an injury, the Club will consider making a 50% refund for those months. Applications for refunds should be made to the Membership Secretary.

If the injury prevents the swimmer from swimming for more than 3 months the Club may consider making further refunds. Such refunds will be made at the discretion of the Committee and will be determined having regard to the circumstances of the individual case.