



ETWALL EAGLES SWIMMING CLUB

ESTABLISHED 1980 – AFFILIATED TO THE A.S.A. EAST MIDLANDS REGION and DERBYSHIRE A.S.A

WELLBEING & ILLNESS POLICY

This policy defines the actions of both parents/guardians, members and Club Officials in relation to issues where a swimmer has been unwell either at the pool or away from the pool.

The policy will detail the actions that need to be taken by all parties, in order to protect the wellbeing of the swimmer involved and in order to prevent any further impact on other swimmers.

The policy has been written in line with ASA recommendations and fulfils any requirements laid down by the ASA to do with any illness or medical issues related to a swimmer of the Club.

The issues of illness/medical conditions that are covered by this policy are as follows:

- 1. Sickness and diarrhoea:** If a swimmer has a bout of sickness and/or diarrhoea, then they must not attend any swimming event (training, galas, land training etc), for a period of 48 hours from the last bout of illness.
- 2. Doctor's Advice:** If a Doctor/Consultant advises that a swimmer is not allowed to swim, (participate in any swimming for a period of time), the parent/guardian must advise the Club via the Welfare Officer, when the restricted period is due to end. Prior to the swimmer recommencing with the Club, an agreement on the training plan must be reached with the parent/guardian and Club Coach. This training plan should define an incremental training schedule, to get them back up to normal levels for their group and the period of time that this training plan will take. The training plan may also define that the swimmer may not take part in any swimming competitions, until the plan is complete.
- 3. Hospitalisation:** In the case of a swimmer being hospitalised, then the Club must be notified via the Welfare Officer regarding the reason for the hospitalisation and the duration. The swimmer will be barred from swimming, until the Club and the Club Coach, have been given permission by the swimmer's Doctor/Consultant that the swimmer is fit to recommence training. Permission from the Doctor/Consultant needs to be in writing (not via email), defining fully what training they can participate in, what exercise they are not allowed to participate in and confirming the period for which this applies. As with the item 2, a training plan will need to be agreed with the Club Coach, on how to build up the training requirements and the period this training plan will be in effect. This will take into account the reason for hospitalisation and ensure that training does not interfere with the swimmer's rehabilitation and aids their recovery and does not have a detrimental effect. As in point 2, the swimmer will not be allowed to swim in competitions/galas for the Club, whilst the training plan is in place.
- 4. Physical injuries or broken bones that affect movement:** If the swimmer is unfortunate to have an injury, that prevents full movement (broken bones, torn/pulled muscles/ligaments, sprains etc but not limited to these), then the Club, via the Welfare Officer, must be made aware of the injury and a training plan should be agreed with the Club Coach, before the swimmer takes to the water. This is to ensure that the Club works to enable a recovery and does not cause any further injury/damage.
- 5. On-going diagnosed conditions:** If your child has an ailment/condition, whether formally diagnosed under investigation, it is the responsibility of the parent/guardian to ensure that full disclosure is provided to the Club, including the Welfare Officer, upon joining or at the time of diagnosis/identification of said issue. This will ensure we, as a Club, can effectively manage the swimmer's wellbeing.

Failure to disclose any of the above issues/conditions may lead to the Club's ASA insurance becoming null and void in respect of your child.

Last Updated: 04/16