

Injuries Policy

As a coaching team we are increasingly being asked to manage or assess any injuries, within our training sessions that our swimmers may incur in or out of the pool during a session. As the coaches are not medically trained, we are not able to manage injuries or illness without information from the appropriate medical professional.

With this in mind, we have put together the following guidelines to ensure that as a club and coaches, we are providing a full training programme with the best interests of the swimmers being priority at all times:

Please try to ensure that your swimmers' coaches are fully informed of any injuries in advance of any training session. Any injuries that prevent a swimmer participating in a full training session must have been assessed by a medical professional (GP or Physiotherapist) and the diagnosis and recommendation regarding rehabilitation be made available to the coach as soon as possible.

Any injuries that have occurred at school, college or outside club sports, that day, prior to attending a training session, which prevent the swimmer taking part in the session, must also be assessed by a trained medical professional before that swimmer attend a training session. To ensure swimmers are protected from any further damage to any injury, a swimmer will not be allowed to request to only to kick or pull, dependent on the injury, during a training session unless recommended by medical professional diagnosing the injury.

If the injury is mid to long term the squad coach may ask the swimmer to move to a more appropriate squad during his or her injury to rehabilitate. Communication between the squad coach and the more appropriate squad coach and swimmer/parent will be constant and we ask that the medical professional pass on a letter when the injury is better, and they deem the swimmer fit to swim. The reason we ask for this letter is to make sure that the swimmer is signed off by the medical professional and that then the coach knows that he/she can return to the more intense environment. Whilst we as a coaching team will make every effort to assist any injured swimmers with the rehabilitation, it is essential that we are provided with the correct professional advice on how best to manage the swimmers concerned within our training programme. Many of the options that may seem obvious to the untrained eye, i.e. just doing pull or kick can prove detrimental to the swimmer's recovery and therefore please do not ask the coaches to incorporate these options unless recommended by the relevant professional.

Any injuries/illness etc. that occurs during training will be referred where possible to the lifeguard for assessment and recording. We will also make contact with the swimmers' parents after the session. As above any ongoing injury should be assessed by a medical professional.

We obviously hope that our swimmers remain fit and well but as injuries and illness do inevitably occur occasionally, we would welcome your cooperation with the above guidelines.

Best regards,
David Brazil
Head Coach
Bracknell & Wokingham SC