



DUNEDIN GYMNASTIC ACADEMY

GYMNASTS RETURNING TO SPORT POLICY

Policy number	10	Version	B
Drafted by	Alison Derbyshire	Revision Date	May 10, 2018
Responsible person	Health and Safety Coordinator	Scheduled review date	2020

Introduction

Dunedin Gymnastic Academy will endeavour to comply with its responsibilities under the Health and Safety at Work Act 2015 to ensure the health and safety of all workers (paid and unpaid) and gym users. Dunedin Gymnastic Academy will aim to foster a positive and inclusive gymnastic community that promotes potential and success for all while ensuring the health and safety of all involved.

Purpose

Dunedin Gymnastic Academy is responsible for the health and safety of those who are onsite at DGA venues for the purposes of work and facility usage including those who may be returning to sport following injury or illness. This policy and guideline document aims to guide coaches, gymnasts and parents towards a return to full gymnastic participation following injury or illness.

Core Policy

Dunedin Gymnastic Academy will follow the accompanying guidelines in the first instance. It should be noted that each gymnast's injury and illness will have its own individual circumstances and the level of participation that they aim to return to will alter the timeframe for implementation.

Authorisation

Penny McLeod, President

Approved by the DGA Executive Committee on May 10, 2018



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GUIDELINES FOR INJURED/ILL GYMNASTS

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Responsible person	Head Coach	Scheduled review date	2020

If a gymnast is injured or ill, it is important that they are taken to see either their doctor/physio/ other treatment provider and the diagnosis is reported back to the coach. It is useful for parents to be at these appointments, so they can feed back to the coaches regarding progress/setbacks and pass on the treatment provider's recommendations regarding return to sport.

If a gymnast is not able to partake in full training, the following is a guideline for return to sport:

- Gymnasts returns to a proportion of their normal training time (approx. 25% of their normal training session). This would be the first hour of the session, or part of the session where conditioning is scheduled to take place.
- Gymnast progresses to approximately 50% of their normal training session on recommendation from their treatment provider and/or as their physical/mental capacity improves.
- Gymnast resumes full hours once the injury/illness has fully resolved and they have clearance from their doctor/physio/treatment provider, if required (at discretion of coach)

Rationale: It is very difficult to cater for an injured/ill gymnast for the entire training session (particularly if there is more than 1 gymnast in the group in this situation) as time is taken up finding and setting up modified activities/alternative safe activities that differ from the coach's session plan. This has the potential to disadvantage the healthy gymnasts and impacts on the number of hours coaches spend planning their sessions.

DGA Coaches will work with the written recommendations from the Gymnast's treatment provider to guide their return to gymnastics (see attached Communication Form).



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Gymnast Injury/Illness Communication Form

_____ is a competitive gymnast at Dunedin Gymnastic Academy. The usual time commitment per week at this level is _____ hours of training per week.

To assist us to support this gymnast's safe return to sport, please advise:

Diagnosis	
Approx timeframe to full recovery:	

Please advise if this gymnast is ready to participate in:

	Yes/No/ Not Applicable	Restrictions/Comments
Upper body conditioning		
Lower body conditioning		
Core conditioning		
Static weight bearing through affected body part		
Dynamic weight bearing through affected body part		

Please advise on gymnast's ability to cope with **mental demands of training/competition**:

Please advise on **ideal number of training hours/week** at this time: _____

Any **further comments** you wish to make:

Your contact details:

Thank you,
Carmel Leslie, Head Coach, Dunedin Gymnastic Academy