



## **WEST DORSET SWIMMING CLUB POLICY ON TRAINING WHEN INJURED**

### **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.

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.