



Injuries Policy

Swimming is one of the few sports where participants use most of the muscles within the body. Due to the supportive nature of water, swimming is often encouraged as part of rehabilitation for injuries by medical professionals. However, Bridgwater Swimming Club is a competitive swimming club and swimming at this level is demanding on the body. Generally, therefore, swimmers should be fully fit in order to train and compete.

In addition to this, swimming sessions are generally pre-planned and it is not always possible to make adaptations to sessions for individual injuries and ongoing conditions, particularly with late notice. It is very difficult to make changes to the plan on the night if only informed of an injury directly prior to the session.

The coaching team will, of course, where possible, try to make adaptations to allow swimmers to train if it is safe for them do so. If a swimmer is injured, we ask that parents (for those aged under 18) or swimmer* (if aged 18 or over) to please contact the squad coach or head coach at least 24 hours before the session to check whether the swimmer is permitted to swim. The coaching team's decisions on these matters are final and are made in consideration of the wellbeing of the injured swimmer as well as all the others at a session.

We ask that parents and or swimmers* give the coach full details of the injury or illness so that they can make an informed decision as to whether it is safe for a swimmer to train.

If swimmers arrive on the night with an injury the coaching team reserves the right to refuse entry to the session on the grounds of safety and respect for all members of the club.

As a general rule, if a swimmer cannot attend for the full session it is likely they should not be attending the session at all. Coaches will only allow planned shortened sessions for exceptional circumstances and only when arranged in advance. These will normally only be allowed as part of gradual re-introduction to training after a period of absence.

Where a swimmer is returning to swimming following an injury, we ask that the parent or swimmer* makes contact with the coaching team in advance so that a collaborative approach can be devised and a plan made to build the swimmer back up and into training. There will be occasions where the most appropriate method to do this will be for the swimmer to train with a lower squad to make this safe and manageable for the swimmer.

The coaching team may, from time to time, not permit a swimmer to re-enter training following injury/on-going problems until a doctor's note is provided. This is to ensure that



the coaching team are satisfied that enough information is available to make an informed decision as to whether a swimmer can train safely.

It's advised that swimmers seek professional advice from a sports therapist if they believe they have an injury.

In most instances, the best approach to injury is prevention rather than cure - research suggests getting enough sleep, following the coaches' directions, attending strength and conditioning training, and completing poolside warm-ups will help to prevent injuries occurring.

*Aged 18 years or over.