



## **Principles of dealing with a swimmer with an injury**

The following policy has been agreed with Dave Fairhurst, Head Coach, Preston Swimming Club.

Swimmers frequently pick up injuries in the course of a season. Many of these are minor and require little action other than rest before returning to training, perhaps in a graduated fashion. In more serious cases advice and or treatment from a physiotherapist or doctor may be needed.

In the first instance a coach may be happy to rely on the word of the injured swimmer and/or the swimmer's parents about the nature of the injury and what precautions might be necessary.

Coaches are not medically trained. If in the opinion of the coach an injury needs a physiotherapist or medical opinion then this should be sought. The coach may decide that a child cannot train until this is available.

A coach may insist on such advice being in writing.

Coaches will support a swimmer recovering from an injury in terms of appropriate training wherever practicable.

The needs of the squad outweigh the needs of any individual swimmer. If a swimmer cannot train to such a level that the training of other squad members is not affected then they will be excluded until such time that coach is satisfied that they can participate sufficiently.

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