



# **INJURY MANAGEMENT PROCEDURE INFORMATION**

**“INSPIRING LIVES THROUGH GYMNASTICS”**

# **2019**

Dear Parents and Members,

Once you have joined the club and pay your annual GWA Technical Membership you are covered under the Gymnastics Australia Insurance for injury.

Gymnastics Australia annually review their insurer to ensure that they meet the needs of our sport of gymnastics our current insurers are Marsh Advantage  
<https://www.marshadvantage.com.au/partner-group/gymnastics/welcome.html>

[Insurance Claim Form](#)

It is very important that you read the coverage you have with Marsh to ensure you receive the best outcome for any claims submitted, there are several things that the insurance company do not cover so it is important you are well informed.

**WHAT HAPPENS WHEN AN INJURY OCCURS IN THE GYM TO A REGISTERED NDGC MEMBER**

**INJURY REPORTING**

- All injuries that occur in the gym are reported
- The injury is recorded on the club's official Injury Report Form
- The form must be completed at the time of the injury and signed by the attending coach/ first aider/coordinator as required
- All forms are submitted to the General Manager/Director of Coaching
- The injury may be deemed as a Minor or Major injury
- In the event of a Major injury the coach or coordinator is also required to advise both Management and the Director of Coaching immediately by phone

**AFTER THE INJURY**

- The General Manager or Director of Coaching will contact the parents with a follow up call within 24 (major) to 48 (minor) hours
- In the event the injury report infers that a duty of care and a risk management matter the Director of Coaching will investigate further with the General Manger
- If the injury is of a serious nature and required further treatment, then the Coordinator will liaise with parents and advise administration of any pending action required
- If no further action required all reports are securely filed for confidentially purposes and retained in the event a claim further claim is required in the future

### **WHAT HAPPENS TO MY CHILD IF THEY CAN'T TRAIN AT ALL**

- In the event the injury is serious, and the athlete cannot return to training, the Coordinator will liaise with the Parent and Administration to ensure fee payments are put on hold.
- What do we need from the parent is a medical certificate which must go directly to Administration and you may then commence your claims process
- We will provide you with a copy of our injury report and complete any necessary claims paperwork

### **WHAT HAPPENS IF MY CHILD NEEDS TO GO ON MODIFIED HOURS**

- If the athlete can come back to training on modified hours then the coach/medical advice and the parents will agree on modified hours, a medical certificate from the doctor or certified physiotherapist must be submitted to Administration
- Administration will be advised of any changes to training hour to modified hours
- We will provide you with a copy of our injury report and complete any necessary claims paperwork
- Coaches will work closely with the Parent and Athlete on their physical and mental wellness and make recommendations accordingly

### **MY CHILD IS READY TO COME BACK TO GYM FROM NO TRAINING TO MODIFIED TRAINING WHAT DO I NEED TO DO.**

- A full doctors or physiotherapist medical certificate to advise modified training can commence
- Coaches and Parents will agree on modified hours
- Administration will be advised of any changes from no training to modified hours and fees will commence
- Your claim will be on going
- Coaches will work closely with the Parent and Athlete on their physical and mental wellness and make recommendations accordingly

### **MY CHILD IS READY TO COME BACK TO FULL TRAINING**

- A full medical clearance is required by a doctor or physiotherapist
- Full coaching will recommence
- Administration will be advised, and fees will be adjusted accordingly back to full fees.

## **WHAT IF MY CHILD NEEDS TO BE WITHDRAWN FROM COMPETITION DUE TO INJURY OR ILLNESS**

- Advise your coach immediately
- Provide administration with a medical certificate within 72 hours
- All withdrawal refunds are then the accountable to Gymnastics WA
- If modified hours are required see above requirements

## **HEALTH AND WELFARE OF OUR ATHLETES**

Northern Districts Gymnastic Club understand that this can be a difficult time for the athlete and the family, and we want to ensure the best outcome for all. Your coach/es will work very closely with you and your child and they may make recommendations to you and may suggest the following:

- See a specific Sports Doctor
- See a specific Physiotherapist
- See a specific Sport Physician
- See a specific Sports Psychologist
- See a specific Nutritionist
- Other training methods
- Home care practises
- Social interaction with team mates

Working together we can ensure that your child is back in the gym with the minimal disruption and with the proper care to a speedy recovery.

“Inspiring lives through gymnastics”

“Building Better Humans”