

CHELTENHAM & GLOUCESTER GYMNASTICS CLUB
SICKNESS & INJURY POLICY

For the safety and wellbeing of our members, Cheltenham & Gloucester Gymnastics Club implements the following Sickness & Injury Policy which all parents/guardians/carers/gymnasts must abide by.

Sickness & Injury Policy

We urge all parents/guardians & carers to use common sense when deciding whether or not your child is too ill to attend classes. Sick children are more likely to lose focus and injure themselves so before attending classes, ask yourself the following questions:

- Is my child well enough to do the activities? If not, keep your child at home.
- Does my child have a condition that could be passed on to other children or staff? If so, keep your child at home.
- Would I take a day off work if I had this condition? If so, keep your child at home.

It can be difficult to know whether or not to keep your child off gymnastics when they are not feeling well. Government guidelines for schools/nurseries are a good indication which we follow at Cheltenham & Gloucester Gymnastics Club.

Description	Time Off?	Further Guidance
Chicken Pox	Yes	All spots must be crusted over before returning
Cold Sores	No	Encourage your child not to touch the infected area, washing their hands regularly, avoid sharing cups
Conjunctivitis	No	As long as the child is being treated, your child can attend classes once treatment has started. Encourage your child not to rub their eyes and to wash hands regularly.
Coughs & Colds	No	So long as gymnasts feel able to, they can train with a cold unless they have a fever.
Diarrhoea	Yes	May return 48 hours after the last episode
German Measles (Rubella)	Yes	Four days from onset of rash (please inform the club in case of vulnerable children/staff)
Ear Ache	No	Sometimes pain relief eases discomfort and can help reduce a high temperature.
E Coli	Yes	May return 24 hours after the last episode
High Fever (38°)	Yes	If a member has a fever of 38°+, they are likely to be too unwell to benefit from a training session.
Flu	Yes	Until recovered, usually 5-7 days
Head Lice & Nits	No	As long as they are being treated, check your child's hair regularly and seek further medical advice if necessary.
Impetigo	Yes	Antibiotic treatment needed from the GP. Keep off gymnastics until all the sores have crusted and healed, or for 48 hours after they start

		antibiotic treatment. Encourage hand washing regularly, don't share towels, cups etc...
Injuries to Limbs	No	Children with injured limbs can, in some cases, continue attending gymnastics classes. Contact the club to discuss further.
Measles	Yes	Four days from onset of rash (please inform the club in case of vulnerable children/staff)
Mumps	Yes	Five days from onset of rash (please inform the club in case of vulnerable children/staff)
Ringworm	No	As long as the child is being treated. See your pharmacist unless it's on the scalp, in which case you should see the GP. It's fine to attend gymnastics once they have started treatment.
Scabies	Yes	24 hours after first treatment. Antibiotic treatment is recommended.
Scarlet Fever	Yes	24 hours after first treatment. Antibiotic treatment is recommended otherwise they'll be infectious for 2-3 weeks.
Sickness & Vomiting	Yes	May return 24 hours after the last episode.
Slapped Cheek Syndrome	No	Once the rash appears, they are no longer infectious (please inform the club in case of vulnerable children/staff).
Shingles	Yes	Exclude if the rash is weeping or cannot be covered. Can cause Chickenpox. It is spread by very close contact and touch (please inform the Club in case of vulnerable children/staff).
Sore Throat	No	Sometimes pain relief eases discomfort and reduces a temperature.
Threadworms	No	As long as they are being treated. See your pharmacist for advice on treatment.
Tonsillitis	No	There are many causes, but in most cases are due to viruses and do not need an antibiotic.

It is every coach's responsibility to ensure gymnasts are fit and well enough to perform safely. If a coach feels it is not safe to participate, they have the right to refuse your child to take part in the session.

This policy was last reviewed on 19/08/2024.



Jimmy Taylor Cardoso