



Bluefin Illness & Injury Policy

Over the course of each season swimmers encounter a number outside challenges. Some of the biggest challenges swimmers face outside the pool is long term illness and/or injury. Wherever and whenever an injury/illness occurs it should be fully diagnosed by a doctor or specialist. Bluefin coaches are not qualified to diagnose any injuries or illnesses and are instructed not to do so.

ILLNESSES

What should I do if my child is ill?

Subject to the policy below on vomiting, diarrhoea and fever:

- Squad swimmers should attend only if they are fit to swim

What should I do if my child has had vomiting, diarrhoea or fever?

Please do not send your child to training if:

- They have had diarrhoea or vomiting recently. They need to be symptom free for 48 hours before returning to training
- They have a suspected or confirmed viral or bacterial infection which has led to a high temperature, a skin rash or a productive cough

If you are at all unsure please contact the Head Coach before training.

INJURIES

What should I do if my child is injured?

- All swimmer injuries should be reported to the Head Coach in line with the Bluefin Swimmers' Code of Conduct.
- Appropriate adjustments to training will be made where possible.
- Bluefin swimmers who are injured or dealing with painful conditions that prevent them from swimming, are encouraged to attend training to support their teammates and learn by watching/participating as much as possible.
- If a swimmer has a visible injury, the coach may use their discretion and not allow them to swim.

Long-term Injuries

- If a swimmer does need to spend significant time out of the water or is limited in participation (for example, cannot use legs or upper body or can only swim for limited times), the coaches may start the swimmer off in a different group that is more appropriate for the athlete's present training level.
- Once back to full capabilities, the swimmer will be put back into the appropriate training group. It is recommended that athletes in all sports start off slow after coming back from an injury/illness as a precaution to prevent further problems. These guidelines can help keep swimmers, parents, and coaches all on the same page regarding returning to swimming after illnesses and injuries.



Policy Regarding Returning to Participation after Illness/Injury

If an athlete sustains an injury such as but not limited to the following: a concussion, broken bone, or serious sprain, Bluefin Swimming Club will require a doctor's note clearing the athlete to be provided in order to allow the athlete to return to swimming practice.

This policy also applies to certain non-routine illnesses particularly if the illness is a new, serious condition (such as but not limited to diabetes or a heart condition), is serious and highly contagious (such as but not limited to the mumps), or otherwise would require potential modification to the athlete's practice routine.

Additionally, this policy applies to surgical procedures. If your child is experiencing serious injury, illness, surgical procedure, or another medical situation as described above please alert the coaches and be prepared to provide a doctor's note clearing your child to resume participation in swimming.

To the extent that there are any needed modifications to swimming participation, the doctor's note or a written parent communication should provide that information. If you are not sure whether your swimmer's medical condition requires a doctor's note to resume participation please ask the Head Coach prior to having your athlete return to practice.