



**R.A.S.C.A.L.S.**  
RIPLEY AMATEUR SWIMMING CLUB AND LIFE SAVERS



## **RASCALS Policy on Pre-Existing Injuries** (June 2020)

This Policy relates to pre-existing injuries and/or conditions

RASCALS (The Club) and Coaches/Teachers are not qualified to deal with or advise upon rehabilitation from pre-existing injuries and/or conditions which affect Members.

The Club must assume therefore that a Member is fit and able to take a full part in any training session they attend. If there is any doubt as to the fitness or ability of a Member to take part in a training session, then a written note should be provided to the Coaches/Teachers prior to the commencement of the session, explaining the nature of the injury/condition. Any limitation that the injury/condition imposes on the Member and confirmation that in the opinion of the Parent/Guardian the Member is able to take part (subject to the restrictions set out in the written note).

It will be appreciated however that the Coaches/Teachers cannot be expected to make judgments about the fitness or otherwise of Members to take part in training sessions and Parent/Guardian should rely on their own judgment and/or medical advice in deciding to what extent the Member can take part.

Parent/Guardian are requested to think carefully before allowing Members to take part in a training session if there is any doubt as to their fitness or ability to do so.

Parent/Guardian are also reminded that the effect of Members leaving training sessions is very disruptive, both for the Coaches/Teachers and for the other Members.

If the Coaches/Teachers have any concerns about the Member, they will discuss those with the Parent/Guardian as soon as reasonably practicable after the session. In the event that a Member does take part in a session whilst suffering from a pre-existing condition or injury, their Parent/Guardian should remain on site throughout the session in case the Member needs to terminate the session early.

If it is not possible for the Parent/Guardian to remain at the session, and with the prior agreement of the Coaches/Teachers, a contact telephone number may be left with the Coaches/Teachers teams providing the Parent/Guardian can guarantee they are able to return to the session within twenty minutes of receiving a call notifying them that their Member has left the session early.

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1. Parents are asked to send their request by email if they wish suspend FUTURE payments due to a potentially long-term illness/injury.
2. When we receive a request during a calendar month, the payment for the following month can be cancelled on the 1st if the Member is not able to attend sessions at all during that month.
3. Parents are advised that a place can be suspended and held open for a maximum of **THREE MONTHS**, after which period the Member can only return if a place is available.
4. Team Managers to review with Parent/Guardian a week before the month end to ascertain if the Member wishes to return during the following month.

**If a Member has been absent for more than two weeks owing to an injury/condition sustained whilst in training or otherwise and has had medical treatment for that injury/condition, it is imperative that a signed letter from his/her doctor stating that he/she is fit to restart swimming/training.**

**Members over the age of 18 are subject to the same rules but must take responsibility for themselves.**