

Policy on Pre-Existing Injuries and Medical Conditions

(September 2026)

This policy outlines how Ripley Rascals Swimming Club manages situations where a Member has a pre-existing injury, illness or medical condition that may affect their ability to participate safely in training.

The Club, Coaches and Teachers are not medically qualified and cannot diagnose, treat or advise on rehabilitation for any injury or condition. Decisions about a Member's fitness to train must be made by the Parent/Guardian (or the Member if aged 18+) based on appropriate medical advice.

1. Assumption of Fitness to Train

The Club must assume that any Member attending a session is fit and able to participate fully. If there is any doubt about a Member's fitness:

A written note must be provided to the Coach/Teacher before the session begins, explaining:

- The nature of the injury or condition,
- Any restrictions or limitations,
- Confirmation that the Parent/Guardian believes the Member is able to take part within those limitations.

Coaches/Teachers cannot be expected to judge whether a Member is fit to train. Parents/Guardians must rely on their own judgement and/or medical advice.

2. Parental Responsibility

Parents/Guardians are asked to think carefully before allowing a Member to attend training if there is any uncertainty about their fitness.

They are also reminded that Members leaving sessions early due to injury or illness can be disruptive for Coaches/Teachers and other swimmers.

3. Coach/Teacher Concerns

If Coaches/Teachers have concerns about a Member's ability to continue safely:

- They will discuss these concerns with the Parent/Guardian as soon as reasonably practicable after the session.
- The Member may be asked to stop training until further clarification or medical advice is provided.

Policy on Pre-Existing Injuries and Medical Conditions continued

4. Requirement for Parent/Guardian to Remain On-Site

If a Member participates while managing a pre-existing injury or condition:

- The Parent/Guardian should remain on site throughout the session in case the Member needs to stop early.

If the Parent/Guardian cannot remain:

- With prior agreement from the Coach/Teacher, a contact telephone number may be left.
- The Parent/Guardian must guarantee they can return to the Leisure Centre within 20 minutes if contacted.

Administrative Arrangements for Long-Term Injury or Illness

1. Requests to suspend future payments due to long-term injury or illness must be made by email.
2. If a request is received during a calendar month, the following month's payment may be cancelled on the 1st, provided the Member will not attend any sessions during that month.
3. A Member's place may be held for a maximum of three months. After this period, the Member may only return if a place is available.
4. Team Managers will review the Member's status with the Parent/Guardian one week before month-end to confirm whether the Member intends to return the following month.

Medical Clearance After Extended Absence

If a Member has been absent for more than two weeks due to an injury or condition and has received medical treatment:

- A signed letter from a doctor confirming they are fit to resume swimming/training is required before returning.

Members Aged 18 and Over

Members aged 18 and over are subject to the same rules but are responsible for their own decisions regarding fitness to train and must communicate directly with Coaches/Teachers where necessary.