



Affiliated to ASA South East Region and Hampshire County ASA

## Injured Swimmer Policy

### ***Introduction***

Swimming is one of the few sports where participants use most of the muscles within the body. Due to the supportive nature of water, it is also a sport, which is often prescribed by the medical profession for rehabilitation purposes. However, Fareham Nomads Swimming Club is a competitive swimming club and swimming at this level places demands on the body. All swimmers should therefore be fully fit in order to train and compete at this level.

Swimmers who are injured may need to have complete rest. In other cases they may be capable of undertaking adjusted training sessions to help with rehabilitation. This may include the swimmer training with an alternative squad to their normal squad until they are fit enough to resume full training with their regular group.

This policy has been produced to set out the processes that will be followed where a swimmer is carrying an injury and is unable to fully participate in training and/or competition.

### ***Responsibilities***

Fareham Nomads has a duty of care to all its swimmers. This duty of care extends from those swimmers who are injured to those that are fully fit and capable to train and compete.

Swimmers and parents also have a responsibility of ensuring adherence to this policy.

Our aim is to work with the physiotherapists to ensure the swimmer completes their rehabilitation and returns to competitive training as soon as possible.

### ***Procedure to be followed***

Unless previously notified, the Swimming Club and its officials will assume that a swimmer who attends a training session is fit and capable of undertaking the whole of that session's programme.

Swimmers who have an injury should notify their Coach as soon as possible and, preferably, in advance of the training session. The Coach will then assess the swimmer's ability to train (or compete). If the Coach decides that it would be detrimental to the swimmer if they trained, they will not be allowed into the water.

If the swimmer is receiving medical treatment for an injury, this must be made known to the Coach in advance of the session.

Sometimes an injury may occur during a training session or competition. In such cases the Coach will assess the swimmer's ability to continue. Should the coach decide that the swimmer should not continue, the swimmer should stop swimming and be collected by parent/career.

If the injury does not recover after a (minimum) 48-hour period of rest they should seek medical attention from a competent medical practitioner (ideally a sports physiotherapist).

Next steps:

- A competent medical practitioner (ideally a sports physiotherapist) must be consulted within 7 days of an injury occurring.
- The physiotherapist's diagnosis and rehabilitation program must be given to the swimmers coach.
- The swimmer will remain training in their current squad for a 4-week period providing it does not impact on the other swimmers; if it does they will be moved to an alternative squad.
- Following a 4-week period from the consultation with the physiotherapist the swimmer will be moved into an alternative squad if sufficient progress is not evident.
- The swimmer may only then return to their own squad once passed fit enough to return to full training by the practitioner.
- If the coach decides that it would be detrimental to the swimmer if they trained, they will not be allowed into the water.
- No swimmer shall compete whilst in rehabilitation without agreement from the Head Coach.

### ***Payment of swim fees***

Swimmers who are unable to attend swim sessions, due to an injury, should continue to pay their monthly swim fees, to ensure they retain their continued membership within the Club.

If the injury is likely to prevent the swimmer from swimming for more than one month, they should notify the Membership Secretary as well as their Coach.

If a swimmer is unable to attend training sessions for a period of time on medical grounds, the committee have the power to remit 75% of monthly fees. The treasurer must be informed in writing (or by email) at the start and end of the period of medical absence.

**John Molyneaux**  
Head Coach

*To be handed to the Specialist you see*



To Whom It May Concern,

Thank you for agreeing to see this swimmer to help them overcome their current injury. I would like to give you a brief overview of the training demands of our swimmers.

Swimmers are required on poolside 10mins prior to pool session to complete an appropriate dry land warm up which is followed by a pool based, session specific warm up. A competitive swimming session involves swimming at a high intensity up to 9 times per week with volumes up to 7km dependent on squad (see table below).

Squad	Sessions per week	Session Duration	Hours per week
Foundation	3	1-1.5 hrs	3.75 hrs
Development	5	1.5 hrs	7.50 hrs
Junior Competitive	7	1.5-1.75 hrs	10.75 hrs
Junior Premier	8	1.5-2 hrs	13.75 hrs
Senior Competitive	8	1.5-1.75 hrs	12.25 hrs
Senior Premier	9	1.5-2 hrs	15.25 hrs

Swimmers are expected to be able to complete the session and not need to stop for extra rest when it's not been given. Depending on where in the training cycle swimmers are, they will be using varying different energy systems working at different intensities. All strokes are covered during the session so swimmers do not just stick to one specific stroke.

They are always given suitable recovery for the set they have completed however this will only be after a period of high intensity swimming. Swimmers during the session are asked to swim full stroke, but also work on parts of the stroke. Different drills are given to swimmers which can put more pressure on certain parts of the body or movement patterns not just simple swimming all the time.

To help aid this swimmers recover back to full fitness I would appreciate if you are happy to complete a short feedback and rehabilitation plan so that collaboratively we can ensure this swimmer is supported in the most appropriate way.

I also include my contact details should you wish to talk in person to discuss the best way forwards to support this swimmer.

**John Molyneaux**

Head Coach - Fareham Nomads Swimming Club

07581222005

headcoach@farehamnomads.co.uk

**Practitioner Assessment / Rehabilitation Plan**

<b>Practitioner:</b>	<b>Qualification:</b>
<b>Contact Number:</b>	<b>Contact Email:</b>
<b>Date of Visit:</b>	<b>Patient:</b>

**Symptoms Presented:**

**Practitioners Diagnosis:**

Fit to train no adjustment needed       Total rest       Adjustment to Training needed

**Recommended Adjustments to Training:**

**Full Recovery Expected?** Yes  No       If yes, approximately when:

**Next appointment:**

**Signed:**