



Injured Swimmer Policy

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 Modernian 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 at an earlier session than normal until they are fit enough to resume normal training. 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.

Procedure to be followed

Unless previously notified, the Coach will assume that a swimmer who attends a training session is fit and capable of undertaking the whole of that session's programme. Sometimes a swimmer will injure themselves 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, they will call the parents and the swimmer should then be collected within 20 minutes of leaving the pool.

If it does not recover after a minimum 48 hour period of rest they should seek medical attention from a competent practitioner.

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A competitive swimming session involves swimming at a high intensity. A correct warm up on land and pool is always set, however during one session swimmers may be swimming between 4k and 8k in total as sessions vary in length from 1 to 2 hours.

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 and covering short or long distances. 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.

Having consulted a competent medical practitioner parents must contact the Coach prior to attending a session to advise the exact nature of the injury, the name of the professional consulted and the rehabilitation program that has been given. Depending on the severity of the injury the Coach will decide if the swimmer can participate in the session. Sometimes a Coach may be able to modify a session to aid an injury, but this is not always possible and it will be at the discretion of the Coach. The Coach may also suggest alternative training such as cycling or running until the injury has healed. The coach may also move the swimmer to another squad for a period of time to aid rehabilitation.

Should swimmers be given specific exercises to do before training, they must arrive at the pool wearing their swimwear 15 minutes before the session starts so that any exercises can be completed in the 10 minutes prior to the pool warm up. Injured swimmers will not be permitted to start the pool warm up late. Should this happen, they will not be allowed to proceed with the session and parents will be called to return and collect the swimmer.

Should swimmers be given time limits on actual swimming from said professional, the Coach will decide which sessions they can attend so as not to interrupt the rest of the squads training. Any swimmer given a time limit must include 300m swim down prior to getting out of the pool. Coaches will insist this warm down is completed. Parents must return to collect their swimmer at the agreed time and certainly within 15 minutes of the swimmer leaving the pool.

With regard to any competitions that have been entered, the coach will discuss with the swimmer and parent attendance at these and advise accordingly.

Our aim is to work with the professional to ensure the swimmer completes their rehabilitation and returns to Competitive training as soon as possible. MSC has a duty of care to all its swimmers. The 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/Carers have a responsibility of ensuring adherence to this policy.

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