

Injury & Illness Policy – General & Pre-School Classes

If a gymnast has to miss 3 or more consecutive weeks of classes due to serious medical injury/illness or other special circumstances such as death or serious illness in the family, WSG will action the following:

- We will freeze the gymnast's account for a maximum of 8 weeks. Any credit on the account will be carried forward.
- The space will be reallocated but providing the gymnast returns to regular sessions within 8 weeks, we will ensure that he/she will still retain a space. We will do our best to offer the same day & time however, this cannot be guaranteed.
- If a participant fails to return within 8 weeks and still wishes to continue sessions then he/she will be placed on an internal waiting list and offered a space as soon as it becomes available.
- In the case that a gymnast has sustained a serious* injury, either in or outside of WSG, the proper procedures must be followed with regard to his/her return to training. Depending on the severity and location of the injury, it may be possible for the gymnast to continue with some aspects of their training (e.g. conditioning other parts of the body) during the recovery phase.
- **Express written permission and the advice of a medical or health professional should be sought and received by WSG before the gymnast re-commences training of any kind.** *Serious injury refers to: broken bones, damage to ligaments or tendons, high-grade sprains or chronic injuries.
- Resumption of full training may only occur with the express written consent of a medical consultant or qualified physiotherapist who has been dealing with the gymnast's injury. Re-introduction to full training should and must be gradual, with the gymnast beginning on the basic elements before progressing to the stage at which he/she had reached prior to injury and, following professional medical advice throughout this process.