



Policy

## **Injury Management & Recovery Policy**

### **Purpose**

FAST takes injuries and recovery very seriously and has developed this policy to ensure clear process, rules and responsibilities regarding any of our swimmers with an injury.

### **Responsibilities in this document**

Swimmer

Swimmer Parents/Guardian

Coaches

Head Coach

### ***Policy:***

*Definition of injury* – for the purposes of this policy, “injury” refers to any physical problem a swimmer has that is inhibiting their ability to participate in water practices and/or dryland.

A swimmer must always advise their Coach if they feel any pain or discomfort during practice. Once a potential injury is identified by a FAST Coach, either by observation and/or information provided by the swimmer, the first course of action is for the Coach to make an immediate initial assessment of the injury into one of the two following categories::

1. dull ache/strain
2. sharp pain (stop immediately)

Depending on the Coach’s assessment with the swimmer, the following course of action will be taken:

### **Dull Ache/Strain:**

The Swimmer and their Parent/Guardian should seek professional medical attention at their discretion, at any time, if they feel necessary. Unless otherwise advised by a medical professional:

1. the swimmer is directed to follow the [RICE principle for injury recovery](#) and ensure the swimmer is aware that if the pain increases to seek professional medical attention.
2. if, after 72 hours max, there is no improvement the Coach will require the swimmer to consult a medical professional and provide their diagnosis to the FAST Coach prior to the swimmer being allowed to participate in any practices, swim meets and/or dryland. The Coach will inform the Head Coach and the Swimmer’s Parents or Guardians of the injury at this point. Depending on the results of the professional medical diagnosis:
  - a. the swimmer may be cleared to return to regular schedule, or
  - b. the Coach must be provided with a return-to-swim plan from the medical professional; which the Coach will follow until such time as the injury is cleared by the medical professional.



3. if, after 72 hours maximum, there is significant improvement, the Coach will allow the swimmer to return to regular practices. Recurring injury following this point in the process will be treated as a new injury and the assessment process begins again.

### **Sharp Pain**

1. The Coach will require the swimmer to consult a medical professional immediately and provide their diagnosis/assessment to the FAST Coach prior to the swimmer being allowed to participate in any practices, swim meets and/or dryland.
2. The Coach will inform the Head Coach and the Swimmer's Parents or Guardians of the injury at this point
3. Diagnosis/Assessment must be provided to the Coach by the medical professional, then depending on the results:
  - a. the swimmer may be cleared to return to regular schedule, or
  - b. the Coach must be provided with a return-to-swim plan from the medical professional; which the Coach will follow until such time as the injury is cleared by the medical professional.

FAST has an ongoing partnership with Max Health Institute who works closely with our Coaches easing the communication between all parties throughout the process. Should a swimmer choose an alternate medical services provider, FAST requires that the Swimmer and their medical provider must be willing and able to provide our Coaches with direction, feedback and a return-to-swim plan to assist our swimmer with injury prevention and recovery.