



<b>Date of Approval:</b> October 2024	<b>Next Review:</b> October 2027	<b>Approved by:</b> WGB Board of Directors
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# RETURN-TO-SPORT POLICY

## 1. POLICY STATEMENT

Whitehorse Glacier Bears Swim Club (WGB) is committed to the health and safety of its swimmers. WGB recognizes that swimmers sometimes face health issues leading to periods away from regular training and competition. WGB will support swimmers through all phases of recovery, including determining alternative forms of training, where appropriate, in cooperation with parents/guardians and on the advice of primary care providers.

WGB recognizes that its activities may have to be limited or cancelled if municipal, territorial, or federal government directives concerning public health require it.

## 2. PURPOSE

This policy is meant to

## 3. RELATED DOCUMENTS

Refund Policy

## 4. SCOPE OF POLICY

This policy applies to all WGB members.

## 5. DEFINITIONS

N/A

## 6. PROCEDURES

- A. Should a swimmer experience a physical and/or mental health issue that prevents them from participating in regular training and competition, the swimmer and the swimmer's parent/guardian must immediately advise the Head Coach or designate and WGB Registrar of the issue in writing ([admin@whitehorseglacierbears.ca](mailto:admin@whitehorseglacierbears.ca)) and consult with the Head Coach or designate on a plan for the swimmer's return to training and competition, with regular communication by all three parties throughout the rehabilitation period. These discussions, and the swimmer's subsequent reintegration to training and competition, must be based on guidance from a licensed health care provider.
- B. There is no specific timeframe for when the swimmer should progress from one stage of recovery to another. The swimmer's rehabilitation status will be determined by many factors during the licensed health care provider's clinical assessment. The aim is for the swimmer to progress between the rehabilitation phases as functional movement improves back to normal.
- C. Depending on the nature and extent of the swimmer's health issue, the rehabilitation period may include alternative forms of training at the suggestion of the Head Coach or designate and in line with the recommendations of the licensed health care provider.