



Health Care Needs Policy – All Gymnastics Programs

Purpose

Our club is committed to providing a safe and supportive environment for all gymnasts. This policy outlines how we manage and support the health care needs of participants during classes and programs.

Medical Information

Parents or guardians must provide accurate and up-to-date medical information when enrolling their child. This includes any **medical conditions (including neurodevelopmental disorders), allergies, asthma, injuries, medications, or physical limitations** that may affect participation. Parents/guardians must notify the club of any changes to their child's medical information as soon as possible.

Health Care Plans

Where a gymnast has a diagnosed medical condition that may require assistance (e.g. asthma, anaphylaxis, diabetes, epilepsy), parents/guardians may be required to provide a current **Health Care or Action Plan** from a medical professional. Any required medication (such as inhalers or EpiPens) must be clearly labelled and available during classes.

Medication

Medication required during participation must be supplied by the parent or guardian. Staff will only assist with medication in line with provided instructions and in emergency situations where required. Parents/guardians are responsible for ensuring medication is in date and available for each class.

Staff Responsibilities

Coaches and staff will:

- Be made aware of gymnasts with known health care needs
- Follow any provided health care or action plans
- Provide first aid where required
- Seek emergency medical assistance if necessary
- Notify parents/guardians of any medical incidents

Where possible, staff maintain current First Aid and CPR certification.



Emergency Situations

In the event of a medical emergency, staff will follow the gymnast's health care plan (if available), provide first aid, and contact emergency services where required. Parents or guardians will be notified as soon as possible.

Communication

Parents/guardians are encouraged to communicate any health concerns with staff to help ensure the safety and wellbeing of all gymnasts.