

INJURY MANAGEMENT AT COMPETITIONS

Gymnastics SA is responsible for providing a safe competition environment for its members at GSA-hosted events. It is generally not possible for GSA to ensure the attendance of appropriately qualified medical people at all competitions, and after much discussion, the Board has approved the following policy:

- Gymnastics SA recognises its responsibility to provide a safe competition environment for gymnasts, and fulfils this requirement through a variety of ways, including the provision of a first aid kit and supplies of ice. However, clubs and coaches need to be aware that medical assistance, other than that described above, will not be available at GSA hosted competitions.
- It is the primary responsibility of the coach and the gymnast to determine the gymnast's fitness to compete at any particular event. Gymnasts who require a level of medical support in order to compete must attend to their own needs, or review their fitness to compete.
- Coaches' first aid qualifications mean that they are able to deal with any minor injuries, which happen during an event.
- A First Aid Officer will be nominated and identified for each event. This officer will have current first aid qualifications, and additional training such as Sideline Help, provided by Sports Medicine Australia.
- The role of this First Aid Officer is to manage any incidents, which involve injury at GSA competitions. They will assess the situation and decide whether an injury can be managed by the gymnast's coach, whether any injured gymnast is fit to return to competition, and whether an injury requires additional treatment, including transport to a medical centre, or ambulance transfer to a hospital.

PROCESS

1. SMCs will be consulted on the implementation of this policy, and asked to nominate two people with Senior First Aid Certificates, who are already involved in competition management, and willing to accept the additional responsibilities of First Aid Officer. In general, the most appropriate person for this role is the Competition Director.
2. GSA will be responsible for validating first aid qualifications, and for providing additional training for the nominated people.
3. The First Aid Officer will be identified at the beginning of the competition.
4. GSA will provide an appropriate first aid kit for each sport.

5. The First Aid Officer will be responsible for ensuring adequate supplies of ice and plastic bags, for maintaining the first aid kit (GSA to provide contents), and for ensuring appropriate access for ambulances.
6. Entry forms will be amended to provide contact details for gymnasts, in the event of an emergency.
7. The rules of competition will be amended to reflect this new policy, and the procedures for implementing it.
8. GSA will collect and document information about local medical clinics and hospitals, and provide this information to the First Aid Officer/Competition Director.
9. GSA will publicise this policy and procedures.