

INJURY POLICY

UPDATED JUNE 2026

Bangor Gymnastics Club is committed to minimising the injury risk posed to gymnasts.

Safety Within the Gym

Bangor Gymnastics Club conducts safety checks on all equipment once a month and a written record is kept of each check.

Coaches are encouraged to safety check equipment before each session.

A first aid member of staff is appointed for each session and training is regularly updated.

Compliance

Any injury that occurs within the gym is recorded on an accident form. A written record of these is kept in a secure location.

If a gymnast gets injured outside of BGC they must inform and seek medical advice regarding a return to sport.

Any injury sustained whilst at BGC MUST be reported to the lead coach of the session as soon as possible for evaluation, physician referral, and/or treatment.

Every decision made regarding a gymnast's injury is for the best interests of the child's safety and wellbeing.

Minor injuries

Parents/Guardians will be informed of any minor injuries at the end of a session by the coach. Information of the nature of the injury and treatment will be given and; if necessary, a recommendation of visiting a healthcare professional/physiotherapist.

Major injuries

In the event if an ambulance is called to the gym, the lead coach will immediately contact the emergency contact number and inform them of the situation.

Any gymnast who requires immediate medical attention for:

A head injury

A broken/suspected broken bone

A dislocated joint

Or has been referred to a specialist or surgeon, either at training or outside of training must provide proof of medical clearance before the gymnast is permitted to return to training.

****Fees will be frozen until they return to training****

Training Whilst Injured (Competitive gymnasts)

Gymnasts have the right to decide as to whether they are able or unable to continue training. Coaches will respect this decision. We advise that in the event of pain or injury gymnasts act responsibly when making these decisions.

If the coach feels it's in the best interest of the gymnast to alter their training intensity then this decision can be made by the coach.

Parents and gymnasts are encouraged to be honest with coaches regarding gymnast's injury levels to prevent the worsening of injuries and long-term damage.

Gymnasts with long term injuries, or any pain/discomfort will be dealt with on a case-to-case basis and may be encouraged to train a reduced number of hours, in order to maintain strength and flexibility.

If a coach is concerned about an injury, pain or soreness, they can suspend the activity, and discuss an alternate activity with the gymnast.

If a coach is concerned about a gymnast's injury or complains of any soreness, parents will be informed and an open discussion of how training can be altered.

Rehabilitation and physiotherapy

In the event of a gymnast receiving physiotherapy instructions to treat an injury, a copy of these must be shared with the coach if the gymnast will be completing these exercises in the gym.

If a gymnast is attending regular physiotherapy appointments to treat an injury, it is the parent's responsibility to inform the club of the gymnast's progress. If the club has not received this communication, the coach is unable to adjust the gymnast's training programme or enter them into a competition until a medical note has been issued.

Any gymnast within the WAG/MAG programmes recovering from an injury may have reduced training hours and may temporarily be moved to a session that can accommodate better for their recovery process.

Injuries at Competitions

If an injury occurs at a competition gymnasts will be evaluated by a first aider.

A parent/guardian will be informed and advised if further medical attention is necessary.

Correspondence

All correspondence with Bangor Gymnastics Club will go through the club DOJO app and emails.

All correspondence will need to be during working hours only. Any correspondences received during non-working hours will be dealt with ASAP on their working day.