



Grangemouth Triathlon Club

Illness & Injury Policy

This policy is relevant to all club members and club coaches, attending training sessions or club social events. The reason for this policy is to firstly help coaches conduct training sessions safely and with less interruptions and secondly to create a safer environment for athletes to participate in training sessions.

Actions of Policy

- If a club member intends to take part in a club organised training session or event and they have an injury that is going to restrict their ability to keep up with other members at the training session, then it is advised that they miss the session until such times as the injury has healed. If the athlete requires clarification on the extent of the injury affecting their ability to train, then it is best practice to consult with the nominated coach for that particular training session.
- If a club member feels unwell before taking part in an organised training session, then it is recommended that they miss the session to avoid spreading any possible infectious diseases to other athletes. If the club member or parent of member suspects the illness to be covid then it is best to seek the latest NHS guidance which is available on (<https://www.nhs.uk/conditions/covid-19/>) and keep away from training sessions until it is safe to return. This policy also applies to club coaches taking club organised training sessions. If a coach is not well, then they should try to get another coach to cover the session.
- During a club training session if a member becomes unwell then they should speak to the lead coach taking the session and try to distance themselves from others on the training session. Arrangements will then be made to make sure the club member is taken care of in a safe manner with minimal disruption to other members in the group.
- The G.T.C coaches have the authority to refuse a member's desire to take part in a training session if they feel that the club member is not fit to take part due to illness or injury.