

HEALTH and WELLBEING POLICY

HEAD & NECK INJURIES

This policy applies to any gymnast/athlete, who falls on or from the apparatus, landing mats or floor, and lands on their head or neck, either in training, competition or any gymnastic related activity.

HEAD INJURIES

Visible Signs of Concussion

The symptoms of concussion are dizziness, loss of memory, confusion, slurred speech, pupil size difference or loss of consciousness.

Any gymnast/athlete who shows signs of concussion is **automatically** stood down from all gymnastic activity for a period of three weeks or until clearance to continue is received from a Medical Doctor. The head injury sustained should be reviewed by a Medical Doctor in the shortest appropriate time scale.

No Visible Signs of Concussion

If there is suspected concussion, but there are no visible signs of concussion, despite a head injury, the gymnast/athlete must be stood down from all gymnastic activity until clearance to continue is received from a Medical Doctor.

NECK INJURIES

The policy is dependant on the severity of the injury and as to whether there is any neurological symptom associated with this in the form of weakness, numbness or other similar sign.

Each significant neck injury should be screened by a Medical Doctor following the injury and appropriate X-rays taken to exclude a fracture. The gymnast/athlete must be stood down from all gymnastic activity until clearance to continue is received from a Medical Doctor.

NECK AND HEAD INJURIES – MEDICAL CLEARANCE

On receipt of the medical clearance document, the Championship Director, in consultation with the Control Judge (in the situation of a competition or event) or the Club Official/Coach supervising the gymnastic activity (in the situation of training) is the official authorised to approve the medical clearance and authorise the resumption of continued gymnastics activity.

COACH ACCREDITATION

It is recommended that the GSNZ policy which specifies “that a coach must be accredited, or in training, at the level of competence applicable to the level of required coaching, and have a current first aid certificate”, is applied and enforced in all gymnastic activities undertaken throughout New Zealand.

This Policy was adopted by the Board of NZG, for immediate effect, on 17 March 2002.