



CLUB POLICIES

Medical Policy

All swimmers will have a medical certificate/fitness to swim letter from their own Private General Practitioner. It is the parents' responsibility to pass this information on to the Club Head Coach prior to starting our training program. Included in the letter must be any medications, asthma medical plan if applicable, allergies, diabetes or any medical conditions. Information describing specific treatment must be provided. Further Club forms may need to be filled in, in the case of asthma, etc.

Medication

A swimming coach may administer medications on the following provisions:

- Coach must have current senior first aid certificate.
- Only medications prescribed for the swimmer by a qualified medical practitioner should be administered if accompanied by a letter providing full instructions by medical practitioner.
- Medication must be kept in a secure location.

Sickness and Accidents

If a swimmer becomes sick whilst at swimming training, Interclubs, clinics or club outings, a parent will be called or a nominated contact person.

- Parent or contact person will be called immediately if an accident occurs.
- In extreme cases where a parent or contact person cannot be contacted an ambulance may be called.
- In the event of an ambulance being called the club will not be responsible for accounts payable for the ambulance service.

Sun Protection - Adopted from Swimming SA Heat Policy – Effective January 2007

This document is to help prevent injury, and assist officials, coaches, swimmers and parents to recognise and manage potentially dangerous heat situations. This policy will be achieved by:

- Alerting Onkaparinga members of the risk of heat illness from physical activity in hot weather conditions.
- Providing cancellation recommendations from our Club with regards to training times or carnivals being attended in hot weather conditions.

- Educating members on methods of minimising the risk of heat illness and the avoidance of situations that may worsen heat illness.

Where possible, especially between December and March, swimming training and carnivals should be scheduled to start before at 8.30am. or after 3pm if temperature are in excess of 38 degrees Celsius.

At ambient temperatures greater than or equal to 38 degrees Celsius there is extreme risk of heat injury to all children and adolescent participants. Events and activities involving children and adolescents that are conducted or scheduled for times likely to present conditions where the ambient air temperature is greater than or equal to 38 degrees Celsius, should be postponed or cancelled. The clubs will measure ambient air temperature on-site to ensure local conditions are accurately measured.

The physiological and structural difference between children and adults places children at a greater risk of suffering from heat illness. These differences impact on a child's ability to respond to environmental heat and acclimatise to heat. These differences include:

- A larger surface area/body mass ratio which affects their ability to dissipate heat when environmental temperature is greater than skin temperature. This can be an advantage when heat loss is necessary, but is a disadvantage when radiant or convective heat gain occurs.
- Immature sweating mechanisms which require a greater increase in body temperature before the onset of sweating.
- Fewer and smaller sweat glands which limits the production of sweat.
- The ratio between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions.
- In practical terms, child athletes must be protected from over-exertion in hot climates, especially with intense or endurance exercise.
- Although children can acclimatise to exercise in the heat, they take longer to do so than adults.
- Coaches should be aware of this and limit training for non-acclimatised children during exposure to hot environments.

Female Participants may suffer more during exercise in the heat, due to their greater percentage of body fat. Young Children are especially at risk in the heat. Prior to puberty, the sweating mechanism, essential for effective cooling, is poorly developed. Veteran Participants may also cope less well with exercise in the heat. N.B. Children tend to have a more "common sense" approach to heat illness than adults. They "listen to their bodies" more and will usually slow down or stop playing if they feel distressed in the heat. On no account should children be forced to continue sport or exercise if they appear distressed or complain about feeling unwell.

In 1994 the Onkaparinga Swimming Club became a Sun Smart Club. Part of this endorsement was to ensure all swimmers were aware of the importance of protecting themselves from the sun.

- The club promotes the wearing of long sleeves shirts.
- The use of broad-spectrum water-resistant SPF 30+ sunscreen during out door activities. Swimmers, coaches, officials and volunteers should apply cream at least 20 minutes before exposure so that cream can be “absorbed” into the skin, for effective protection and re apply every 2-3 hours, or more often after swimming, or sweating heavily.
- We as a club enforce the rule of club sunhats must be worn at all outdoor activities and carnivals when not in the water swimming.
- We strongly recommended swimmers sit under club shade or provided sun shades at carnivals.
- It is recommended that water and or sports drinks are made available by parents for their children. Water is available at both training venues for training and time trials.
- Regular and effective drinking practices should become habitual for our club swimmer’s, during, and after activity.
- Individuals should monitor weight changes before and after workouts and know the amount of fluid that they are likely to require. The electrolyte content of some sports drinks consumed following activity may shorten the time taken to recover.