



Gymnastics
Australia

NATIONAL EVENTS – MEDICAL STANDARDS

Policy Name:	National Events – Medical Standards
Date of Approval:	February 2005, October 2009
Policy Coverage:	Events
Date of Review:	October 2009

1. STATEMENT OF COMMITMENT

Gymnastics Australia (GA) is responsible for providing a safe environment for all athletes and officials at national events, excluding National Clubs. Accordingly, the following principles have been adopted to ensure that an appropriate level of medical support, as detailed in point 4 of this policy, is provided during all training, competition and performance sessions.

All Events staged by GA must ensure that the medical standards implemented are in line with the principles and guidelines set out in this Policy.

2. POLICY APPLICATION

This Policy applies to all national events staged by GA regardless of the Gymsport or level of athlete involved, or the location and timing of the event. Adoption of this policy will ensure a consistent level of medical support at all national events.

3. POLICY COVERAGE

This policy covers all athletes, officials and appointed volunteers involved in a national gymnastics event.

Glossary of common gymnastics acronyms

ACR	Acrobatic Gymnastics
AER	Sport Aerobics
AM	Association Members
CHL	Cheerleading
EMC	Event Medical Coordinator
FIG	Federation Internationale de Gymnastique
FOP	Competition Field of Play
GA	Gymnastics Australia
GFA	Gymnastics for All
MG	Men's Gymnastics
NGTC	National Gymsport Technical Commission
OC	Organising Committee
RG	Rhythmic Gymnastics
SSSM	Sports Science and Sports Medical
TRP	Trampoline Sports
WG	Women's Gymnastics

4. MEDICAL STANDARDS

The following are the minimum recommended numbers of medical personnel who should be present to cover each session of training, warm-up and/or competition/performance.

GYMSPORT	MEDICAL STAFFING	
	NATIONAL C'SHIPS/EVENT	NATIONAL CLUB EVENT
MAG	1 Doctor	1 Doctor/Physio
WAG	1 Doctor	1 Doctor/Physio
RG	1 Physio	1 Physio
TRP	1 Doctor	1 Doctor
ACR	1 Doctor/Physio	1 Physio
AER	1 Physio/Sports Trainer	1 Sports Trainer
CHL	1 Doctor/Physio	1 Physio
GFA	1 Physio/Sports Trainer	1 Sports Trainer

- Local medical facilities will be identified by the OC prior to the Competition, with delegations/teams notified via the Work Plan. This should include emergency hospital, local medical clinics, physiotherapy and radiology facilities: with telephone numbers as appropriate.
- Separate medical arrangements such as St John First Aid need to be made for medical/first aid coverage for spectators seating in Public areas.

5. GOVERNING PRINCIPLES

5.1 Appointment of Event Medical Coordinator

GA shall appoint an Event Medical Coordinator (EMC) for each national event. The Championship Director or Gymnastics Australia's Chief Medical Officer or his/her representative will make the appointment of the EMC.

Once appointed, the EMC shall liaise directly with the Championship Director and/or Organising Committee with respect to all medical requirements. The EMC shall plan coverage for that event according to the FIG Regulations "Medical Organisation of FIG Competitions" and this Policy.

5.2 Medical Premises & Equipment

In the Event Venue, preferably with easy access to Competition FOP and training/warm-up halls, there shall be a designated Medical/First Aid Room. This room shall be exclusively for this use and shall contain an examination couch, a “Sharps” disposal container, and other supplies as appropriate to the level of competition being conducted.

Essential pieces of equipment that need to be available for immediate use are:

- Wheel chair,
- Stretcher, preferably Scoop Stretcher or Back-board,
- First aid supplies to control bleeding,
- Ice packs and/or bags of crushed ice in an appropriate portable freezer and plastic bags,
- Cleaning equipment and cleaning solution as per recommended guidelines for removal of blood.

In the separate warm-up or training halls, there shall be an examination couch easily accessible from, and adjacent to, the equipment area.

GA is responsible for supplying an appropriately stocked Medical Kit to the Organising Committee of all National events. In addition, GA Accident Reporting Forms should be provided to all medical personnel working at the event.

5.3 Medical Staff

The EMC shall ensure that the event has medical coverage that meets the minimum requirements, as per the standards outlined in this policy, for each competition/performance hall, warm-up hall and/or training hall.

Details on the key medical staff appointed, and the local hospital designated, shall be given to participating delegations/teams prior to the commencement of the event

Extra personnel for designated Gymsports will be required if there is more than one venue for training.

Allowance should be made in the event budget for payment of medical staff – either by session or hourly rate.

5.4 Emergency Measures

The EMC shall ensure that appropriate measures are in place for emergencies. This will include provision of emergency treatment, provision of emergency transport, both within the Competition Field of Play (FOP) and from the venue to an appropriate back-up facility. These procedures will be documented and formally advised to all appropriate medical and event staff prior to the event.

5.5 Medical Representatives of Participating Delegations/Teams

Within the FOP area, a section will be designated as the seating area for medical representatives from participating delegations/teams. This area will have an easy access to the FOP, should the presence of these medical personnel be required to treat an injured gymnast.

5.6 AIDS Prevention and Blood Policy

All Delegations, especially gymnasts and team coaches/managers should be aware of the GA Blood Policy and, if required, co-operate with Event Personnel for appropriate measures.

6. ROLES AND RESPONSIBILITIES (Protocols)

6.1 Event Medical Co-ordinator

A person with an appropriate medical or physiotherapy qualifications and with experience in gymnastic events, should be designated, by the OC, as the EMC for that Event. This should be in consultation with the Gymnastics Australia's Chief Medical Officer. The appointment of the EMC is outlined in 5.1.

6.2 The Event Medical Co-ordinator shall:

- a. Be in close contact, and have frequent discussion, with the Championship Director.
- b. Obtain Championship dates, training times and Competition program from the Events Manager as soon as possible – even if presented in “draft” form.
- c. Calculate numbers of medical/physiotherapy staff required to cover sessions, in the various venue(s). BEGIN PREPARATION, EVEN BEFORE FINAL TIMETABLE IS KNOWN.
- d. Ascertain if any States/Delegations are bringing their own Medical/Physio personnel – via Event Manager.
- e. Remain in close contact with the Event Manager/Championship Director, to ascertain changes to timetable, and budget allocation for provision of medical services for event, as well as transport, parking facilities, accreditation, etc.
- f. Collect contact numbers for personnel who “volunteer” their time to provide medical coverage. It is important to contact the necessary medical staff as early as possible.
- g. Notify a local hospital and sports medicine clinics, as back-up support for the Competition. Notify Event Manager/Championship Director of contact details, to be included in Work-plan.
- h. Forward final confirmation roster of medical personnel to the appointed medical staff and to Event Manager/Championship Director.
- i. Check each venue for:

- Risk assessment of premises in consultation with OC,
 - Medical treatment/First Aid Room/Facility,
 - Examination/treatment couch in room and preferably, portable fold-up couch at the side of training floor and competition warm-up area,
 - Ice in portable fridge boxes & plastic bags in each venue,
 - Wheel chair and stretcher (preferably back board or scoop) in the FOP area, and check access/exit pathway for same to Medical Room, and check Ambulance access pathway,
 - Designated Medical personnel area on the Competition Floor.
- j. Supply appropriate Accident/Incident/Injury Forms. Complete all forms with details, collect and retain as records.
- k. Ensure ability to supply medications/prescriptions for local pharmacy, if required.

7. COMPLAINT PROCEDURES

Gymnastics Australia has a Complaints Handling Procedure in place and will deal with any complaints about breaches of this Policy promptly, seriously, sensitively and confidentially. GA recognises that natural justice is the minimum standard of fairness to be applied in the investigation and adjudication of a complaint.

8. CONFIDENTIALITY AND REPORTING

GA's Event staff responsible for implementing this policy will keep confidential, in line with their Privacy Policy, the names and details relating to all medical report forms attained during an event along with any complaints received, unless disclosure is:

- necessary as part of the corrective process; or
- required by law

9. ADDITIONS AND CHANGES TO POLICY

The GA Board, Association Members, National Gymsport Technical Commissions and National SSSM may submit changes to this policy, for review and approval by the GA Board. Once a change has been approved, the policy will be updated in the official GA policy register and on the Intranet and circulated to GA Board, AMs and relevant Commissions.

In addition, GA is committed to ensuring all policies are up-to-date and reflect current practices. The latest review date is recorded at the beginning of each policy.