Okehampton Flyers Gym, Trampoline & DMT Club

Sickness and Injury Policy

We urge all parents to please use common sense when deciding whether or not their child is too ill to attend sessions. Children who are not well enough to do gymnastics or who have a condition that could be passed on to other children or staff should not attend club sessions.

Vomiting and diarrhoea. Children with diarrhoea and/or vomiting should be kept off until at least 48 hours after their symptoms have gone.

Chickenpox. Children with chickenpox should be kept off gym until all their spots have crusted over.

Sprains, strains and breaks. It is not advisable to send children to gymnastics if they have an injury unless advised by a doctor they are safe to participate. Jumping from a height and performing skills can aggravate injuries and make them worse. There is also an increased risk of falling and causing further injuries.

Although advice for things like **rashes, headaches and sore throats** may be that children can still attend school, this does not mean they are fit to do sport. Gymnastics requires mental sharpness and presence of mind. If a child is not feeling fit, they are more likely to have accidents and hurt themselves.

If a coach feels it is not safe to participate, they have the right to refuse your child to partake in sessions.