

## **CBST Illness/ Injury Guideline**

Over the course of each season swimmers encounter a number outside challenges. Some of the biggest challenges swimmers face outside the pool is long term illness and/or injury. Wherever and whenever an injury/ illness occurs it should be fully diagnosed by a doctor or specialist. CBST coaches are not qualified to diagnose any injuries or illness and are instructed not to do so. Often times a swimmer may need to take significant time off out of the water or may need to alter their training due to a doctor's diagnosis. If this does occur we ask that families please inform the CBST coaching staff so we can make adjustments for that swimmer. If a swimmer does need to spend significant time out of the water or is limited in their participation (for example, cannot use their legs or upper body or can only swim for limited times), the coaches may start them off in a different group that is more appropriate for their present training level. Once a swimmer is back to their full capabilities they will be put back into their daily group. It is recommended that athletes in all sports start off slow after coming back from an injury/ illness as precautions to prevent further problems and this is our way of doing the same. Hopefully these guidelines can help keep swimmers, parents and coaches all on the same page regarding illnesses and injuries.

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