



CHELSEA CALISTHENIC CLUB Inc

CHELSEA SPORTSWOMENS CENTRE, STURDEE STREET CHELSEA VIC 3196

Reg No A99005D ABN 55518752023

Policy and Procedures: Practicing, Performing, and Returning After Injury

Introduction

The Chelsea Calisthenics Club is committed to safeguarding the health and wellbeing of all its members. Participation in calisthenics is both rewarding and physically demanding, and as such, proper management of injury and recovery is essential. This policy outlines the Club's approach to practicing and performing while injured or wearing a cast, referencing Calisthenics Victoria's guidelines and evidence-based practice. It also details the process for safely returning to participation after injury.

Purpose

This policy aims to:

- Ensure the safety and health of all participants during practice and performance.
- Outline clear guidelines regarding the participation of performers with injuries or those wearing casts.
- Establish a structured, medically-informed return to participation protocol.
- Promote a culture of safety, openness, and communication between performers, coaches, parents, and healthcare professionals.

Scope

This policy applies to all Chelsea Calisthenics Club members, including performers, coaches, team managers, and parents/guardians of junior performers.

References

This document is informed by and designed to be consistent with:

- Calisthenics Victoria Policy on Participation with Injury
- Relevant Australian sports medicine guidance
- Current best practices as recommended by allied health professionals



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Definitions

- Injury: Any musculoskeletal, neurological, or other physical harm resulting in impairment or pain that could affect a performer's safe participation.
- Cast: Any rigid or semi-rigid support applied to immobilise a limb or joint due to injury.
- Health Professional: A registered medical practitioner, physiotherapist, or allied health provider qualified to diagnose, treat, and assess suitability for physical activity.

Participation with a Cast or Splint

- Calisthenics Victoria policy states that "participants are not permitted to train or perform with a hard cast under any circumstances" due to the risk of aggravating the injury and potential for harm to other participants.
- Soft casts, braces, or supports may be permitted for some activities (e.g., non-contact, non-weight-bearing), but only with written clearance from a health professional and in consultation with the coach.
- It is at the discretion of the head coach (in consultation with the committee and health professional, if needed) to allow or restrict modified involvement, such as observing classes, participating in non-physical roles, or limited movement exercises.

Policy Statement

Chelsea Calisthenics Club recognises that participation with an injury, or while wearing a cast, presents significant risks to the performer and others. Therefore, the Club adopts the following principles, in accordance with Calisthenics Victoria's policy:

- Due to Calisthenics Victoria's lack of insurance for injured performers at competitions, our club prohibits participation in these events to ensure member safety and avoid financial liabilities.
- Members must not participate in practical classes, training, or performance if they are wearing a hard cast.
- Members must not participate in practical classes, training, or performance if they are wearing a splint, or other immobilisation device, unless expressly cleared by a suitably qualified health professional and the performers' coach.
- Participation in any capacity (e.g., modified involvement) must be discussed and agreed upon by the participant, parent/guardian (if applicable), coach, and, where necessary, the treating health professional.
- Any performer experiencing pain or symptoms suggestive of injury must report this immediately to their coach and remove themselves from further physical activity until assessed.
- Return to practice or performance must follow a structured, medically-approved process, ensuring the performer's safety and minimising the risk of re-injury.



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Practicing and Performing with an Injury

Immediate Action for Injuries

- All injuries, no matter how minor, must be reported to the coach immediately.
- First aid will be provided as required, and parents/guardians notified in the case of minors.
- Injured performers must be assessed by an appropriate health professional before returning to practice or performance.

Modified Participation

- Where appropriate, injured performers may attend training in a non-active capacity (e.g., to learn choreography, take notes, assist with team tasks) to remain engaged and maintain team cohesion.
- Any physical participation must not compromise the performer's recovery and must be endorsed by their treating health professional.
- Coaches will provide opportunities for alternative involvement, where possible, that align with the performer's recovery and safety.

Return to Practice and Performance Guidelines

Medical Clearance

- Before resuming physical participation after injury or cast removal, the performer must obtain written clearance from a registered health professional. The clearance should specify any restrictions or recommendations.
- Documentation must be submitted to the coach and, if requested, to the Club committee before resumption of training or performance.

Gradual Reintroduction

- Return to full participation should be gradual and structured. Performers may be reintroduced through modified, low-impact activity, progressing in intensity according to tolerance and medical advice.
- The coach, in consultation with the performer and, where needed, the health professional, will plan the performer's return, monitoring for pain, swelling, or loss of function.
- Any recurrence of symptoms must be reported immediately, and participation paused until further assessment.

Communication Protocol

- The performer (or parent/guardian) is responsible for keeping the coach fully informed of their injury status, progress, and any changes to their capacity to participate.
- Coaches are responsible for monitoring participant wellbeing and reporting concerns to the Club committee and, where applicable, to Calisthenics Victoria.



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- The Club encourages open, supportive communication between all parties to ensure the best outcome for the performer.

Roles and Responsibilities

- Performers: Report injuries promptly, follow medical advice, communicate openly with coaches, and adhere to return-to-participation plans.
- Parents/Guardians: Support junior performers in managing injuries, seeking appropriate medical care, and providing required documentation.
- Coaches: Maintain vigilance, enforce this policy, liaise with performers and families, adapt training plans, and seek additional advice as necessary.
- Committee: Support the implementation of this policy, ensure compliance with Calisthenics Victoria, and review incidents for continuous improvement.

Risk Management and Review

- The Club will document all injuries and incidents involving participation with or after injury.
- Training and information sessions will be provided to coaches and members regarding injury prevention, management, and this policy.
- This policy will be reviewed annually or as updated guidance from Calisthenics Victoria becomes available.

Confidentiality and Records

- All injury reports, medical clearances, and related communication will be treated as confidential and stored securely by the Club committee.
- Information will only be shared with relevant stakeholders on a need-to-know basis and in accordance with privacy laws.

Policy Statement Review and Acknowledgement

- All Club members, parents/guardians, and coaches are required to read and acknowledge this policy at the start of each season.
- Queries regarding the policy should be directed to the Club Secretary or Committee for clarification.

Conclusion

Chelsea Calisthenics Club is committed to providing a safe and inclusive environment for all members. By adhering to this policy, we ensure that injured performers are supported through recovery and that the risk of further injury is minimised. The Club thanks its members for their cooperation in keeping our community healthy, strong, and supportive.



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