



Acro Kids

Best Practice Protocols for Injury

These protocols are based on best practice guidelines from the American Gymnastics Professional's Network

- All our coaches have current First Aid and CPR training accreditation.
- We generally have 2 coaches present in all our classes to ensure close supervision of activities, particularly those with higher risk of injury. Also in case of injury one coach is designated to give full attention to the injured child.
- New students are shown the equipment and how to use it safely. They are also informed of any potential risks.
- Coaches will immediately assess injuries based on their First Aid training. For sprains, strains and bumps the R.I.C.E.D process is followed and ice packs will be applied.
- For apparent minor injuries once the student has calmed down, the coach will provide distraction techniques to encourage the student to continue participation in class. If the student does not feel up to participating in class their parents will be contacted to pick up their child.
- A fully equipped first aid kit is provided on the premises.
- If parents are present when the injury occurs and choose to take charge of their child, coaches will offer support and advice but the parent takes responsibility for their child's welfare.
- In the case of an emergency Acro Kids will seek medical attention for the child. This may involve Acro Kids rendering first aid to the child or calling an ambulance for the child. Parents agree to indemnify Acro Kids for any costs incurred in obtaining such emergency medical attention, for example ambulance fees.
- An incident report form is completed by the coach to document any significant injury, outlining the process followed and any treatment given. A copy of this can be supplied to parents on request.