

Scottish Gymnastics Major Accident Policy



Purpose: This policy was designed to provide guidance to coaches and other Scottish Gymnastics staff working in a gym and dealing with a **Major Accident**

A Major Accident is defined as a potentially debilitating or life threatening accident which occurs to a gymnast or coach and requires emergency medical assistance. An example would be where a gymnast lands on the floor, trampoline or in a pit, on their neck or back and you suspect they have sustained a spinal injury. This policy is not intended to deal with minor accidents such as a sprained ankle.

Procedure: When a Major Accident occurs the following procedure must be followed.

- Ask another member of staff to stop all activity in the gymnastics centre, send for the first aider and phone for an ambulance.
- Decide who will take charge of the situation. If possible this should be someone trained in Sports Trauma.
- You must leave the gymnast in the position they fall **unless**
 1. you suspect the gymnast is not breathing
 2. that further injury might occur due to the position of the gymnast.
- If the accident occurs in the pit or on a trampoline do not go into the pit or onto the trampoline to assist the gymnast **unless**
 1. you suspect the gymnast is not breathing
 2. that further injury will occur due to the position of the gymnast
- If someone is not breathing, take immediate action, but take care if going onto a trampoline or into the pit as a serious injury could be made worse by the slightest movement.
- Talk to the gymnast to make reassure them that you are in control of the situation and that medical help is on the way.
- Send another member of staff to open the nearest accessible door for the paramedics.
- When the ambulance arrives, follow all instructions given by the paramedics.
- Make every effort to ensure that the medical/authorisation and next of kin forms go with the gymnast.
- Decide who will accompany the gymnast to hospital. This should ideally be someone who the gymnast knows and trusts and who witnessed the accident.
- When the gymnast is transferred to hospital you should inform the Performance Manager at Scottish gymnastics who will inform the next of kin. If this is not possible then you should inform the next of kin.
- Report the accident to Scottish Gymnastics and complete the appropriate online accident report form and keep a copy of the accident for your own records; details should also be emailed to the relevant performance manager.