

ALLEYN'S SPORTS SPECIFIC COACHING MEDICAL AND FITNESS POLICY

This policy apply to all sports specific coaching courses provided by Alleyn's School Enterprises Limited and should be read alongside the Terms & Conditions and information provided on the course website.

- I. It is our primary goal to ensure the health, safety, and well-being of all attendees. As such, we require all children attending to be physically fit and capable of participating in daily sports activity.
- II. Attendees **must not** attend a course:
 - a. Within 14 days of a concussion.
 - b. With a raised temperature.
 - c. Within 48 hours of the last episode of vomiting or diarrhoea
 - d. Until cleared by their own doctors after infectious diseases.
 - e. Until treatment is completed in the case of head lice, impetigo, chicken pox or other transmissible conditions.
- III. Attendees with asthma or a severe allergy must bring their inhaler or adrenaline auto-injector with them each day and may hand these to the Lead Coach at registration for safe keeping if required.
- IV. If it is necessary one of our coaches, or a nominated first aider, will administer or oversee the taking of medication if a request is made in writing stipulating the dose, the time, your child's name, and the duration of the treatment. If we do not have your written permission, we will not be able to administer your child's medication. All medication brought to site should be in its original packaging, clearly labelled with full instructions for use.
- V. Attendees who are involved in an accident or taken ill on a course are referred to the Lead Coach or a relevant first aid qualified member of staff where the extent of their injuries or severity of their illness can be

assessed. All illnesses or incidents are recorded, parents will be contacted if necessary.

- VI. The only exception to seeking parental permission to administer a medication would be where taking time to consult with parents may endanger the attendee's health, for example in the case of an auto-immune injector or inhaler.
- VII. In the case of all head injuries (defined as any injury to the head area) parents will be informed by email with our Head Injury & Concussion Advice Sheet. For more serious head injuries, in addition to the above, parent's will be telephoned to provide additional information and asked to collect their child.
- VIII. Please ensure that you declare all medical details and emergency contact numbers to the school on the appropriate account creation form at the time of booking. With your co-operation, this will ensure our systems are up to date enabling us to give the best care to your children.
- IX. Before attending a course, it is the parent's responsibility to ensure that attendees are in good health, physically fit and able to participate in the sporting activities outlined in our course programme and where an attendee has an ongoing health concern, allergy, or other special needs, that we are provided with detailed information at the time of booking so that we can take the necessary precautions or adjustments.

Please speak to a member of the ASEL Office via 020 8299 5027 or courses@alleyns.org.uk before booking if there are any concerns.