Head Injuries Policy

Visible Signs of Concussion

- The symptoms of concussion are dizziness, loss of memory, confusion, slurred speech, pupil size difference or loss of consciousness.

- Any gymnast/athlete who shows signs of concussion is automatically stood down from all gymnastic activity until clearance to continue is received from a Medical Doctor. The head injury sustained should be reviewed by a Medical Doctor in the shortest appropriate time scale.

No Visible Signs of Concussion

- If there is suspected concussion, but there are no visible signs of concussion, despite a head injury, the gymnast/athlete must be stood down from all gymnastic activity until clearance to continue is received from a Medical Doctor.

Neck Injuries Policy

Athletes who sustain any landing on or injury to the neck are to be transferred to hospital via an ambulance. Coaches are responsible for calling the ambulance and the parents/caregiver of the person involved. (This means that access to the parents/caregivers contact details are to be in the gym)

Each significant neck injury should be screened by a Medical Doctor following the injury and appropriate X-rays taken to exclude a fracture.

The gymnast/athlete must be stood down from all gymnastic activity until clearance to continue is received from a Medical Doctor.

Neck and Head Injuries – Medical Clearance Policy

On receipt of the medical clearance document, the Championship Director, in consultation with the Control Judge (in the situation of a competition or event) or the Club Coach supervising the gymnastic activity (in the situation of training) is the official authorised to approve the medical clearance and authorise the resumption of continued gymnastics activity.

Coach Accreditation Policy

GymSports NZ specifies that a coach must be accredited or in training, at the level of competence applicable to the level of required coaching plus have a current first aid certificate. This is applied and enforced in all gymnastic activities undertaken throughout New Zealand.