



Asthma Policy

1. Policy Statement

Trilogy Gymnastics is committed to ensuring the health, safety, and wellbeing of all participants with asthma. We recognise that asthma is a common medical condition and, when properly managed, should not prevent full participation in gymnastics activities.

This policy aims to ensure that all gymnasts with asthma are supported to take part safely and confidently in club activities.

2. Scope

This policy applies to:

- All gymnasts with a diagnosis of asthma
- Coaches, assistants, volunteers, and staff
- Parents and carers of junior members

3. Responsibilities

Club Owner / Head Coach

- Ensure this policy is implemented and reviewed regularly
- Ensure staff are aware of gymnasts with asthma
- Ensure emergency procedures are followed where required

Coaches and Staff

- Be familiar with this Asthma Policy and emergency procedures
- Know which gymnasts have asthma and where inhalers are kept
- Act promptly if a gymnast shows signs of an asthma attack

Parents / Carers

- Inform the Club of a child's asthma diagnosis
- Complete all relevant medical information on registration forms
- Ensure inhalers are clearly labelled and in date

Gymnasts

- Carry or have access to their inhaler during sessions
- Inform a coach immediately if they feel unwell or experience asthma symptoms

4. Information and Records

- Asthma information must be recorded on the Club registration/medical form
- Details should include triggers, severity, medication, and emergency contacts
- Information will be treated confidentially and shared only with relevant staff

5. Inhalers and Medication

- All gymnasts with asthma must have immediate access to their reliever inhaler during training and events
- Inhalers should be clearly labelled with the gymnast's name
- Coaches may supervise younger children's access to inhalers where appropriate
- The Club does not provide medication

6. Recognising Asthma Symptoms

Symptoms may include:

- Wheezing or coughing
- Shortness of breath
- Tight chest
- Difficulty speaking in full sentences
- Fatigue or distress during activity

7. Managing Asthma During Gymnastics

- Gymnasts with asthma will be encouraged to warm up and cool down properly
- Activity may be modified where needed
- Rest breaks will be allowed if symptoms arise
- Gymnasts will not be forced to continue activity if unwell

8. Asthma Attack – Emergency Procedure

If a gymnast experiences an asthma attack:

1. Stay calm and reassure the gymnast
2. Stop the activity immediately
3. Help the gymnast to sit upright
4. Assist them to take their reliever inhaler (usually blue):
 - One puff every 30–60 seconds

- Up to 10 puffs if needed
5. If there is no improvement, or symptoms worsen:
- Call emergency services (000)