**Sickness & Injury Policy**

The school setting is an easy environment for transmission of diseases from person to person due to the group setting, close contact and sharing of supplies and equipment. Therefore the following policy has been created to advise and inform parents and swimmers in consultation with the Nursing, Physical Education and Aquatics departments.

**Unwell Students, Fever & Communicable Diseases**

* Parents/guardians shall keep their child home from school if the child is or is suspected to be unwell. The student should not return to school until they are fully recovered or assessed to well enough to do so from a doctor/medical professional.
* Parents must keep children at home until they are fever-free for 24 hours without medication (fever classed as the temperature of 37.5 degrees Celsius and above)
* Parents/guardian will need to collect their child from school when requested to do so by the School Nurse
* The school and the Nursing Department must be advised if your child has a communicable disease. Diseases include but are not limited to Headlice, Chickenpox/Shingles, Mumps, Flu (A/B, H1N1), HFMD, Impetigo , Gastroenteritis, Pink eye

**PE Department & Swimming Pool Specific Guidelines**

The pool is an environment naturally involves a number of swimmers sharing water space. Whilst chlorine goes a long way to disinfecting the pool, not all bacteria are removed. The following guidelines should be in place:

1. People should not swim if they have open wounds or infectious skin complaints. Those with severe eczema should seek advice of their doctor.
2. Waterproof plasters are not available at school. Swimmers can use a waterproof ‘Spray Plaster’ to provide a barrier, however this is also unavailable at school. Swimmers who require to have their wounds covered by a plaster should not use the pools.
3. Cold, Flu, chesty coughs, ear infections or other infectious illnesses are sufficient reason not to swim. During recovery periods, athletes are more susceptible to infection or illness.
4. Swimmers should avoid using the pool if they have had diarrhoea within the last 24hrs.
5. All swimmers using the pool should wear a swimming cap to assist in maintaining pool water quality.
6. Maintaining ear health is important, always dry your ears thoroughly after swimming. Swimmers returning from ear infections are encouraged to use ear plugs. Commonly alcohol ear drops will also help disperse water from the ear canal.
7. Students who miss 2 or more lessons/session due to illness or injury must provide a medical certificate.

**Additional Swim Team Injury Guidelines**

Swimmers within the programme who have shoulder injuries are expected to attend training and kick. 75% of the session. They may kick 100% of the session with fins or 75% of the session without fins. It will be most appropriate for swimmers to kick with arms by their side and a front facing snorkel.

Swimmers within the programme who have lower limb injuries will be expected to pull the session and complete 85% of the distance and in some cases 100% of distance dependant on their ability.

It is a reasonable expectation that injuries lasting more than 48hrs seek appropriate medical attention by a trained a medical professional such as a physiotherapist. Swimmers are expected to be under physio led care through their recovery and complete their rehabilitation programme in their own time. Where communicated by the medical professional leave may be granted from the training programme.

**Further Information**

Please go to [myStamford](https://mystamford.edu.sg/health/parentguardian-responsibilities) to find out more about Parent/Guardian responsibilities when a child is unwell. You can refer [myStamford](https://mystamford.edu.sg/health/communicable-health) for further information on Communicable diseases, including ways to prevent the spread of diseases and when students can return to school.

If unsure about anything medical related- do not hesitate to call or email us (6602 7216 or [nurse@sais.edu.sg](mailto:nurse@sais.edu.sg)) and we will be happy to answer any questions.