

Delta Care

Physiotherapy

We are very fortunate in Brisbane to have access to a number of very good physiotherapists who care for our girls. is CRITICAL that you seek advice from your coach about which physiotherapist to see as they all have their own speciality. We know that these physiotherapists understand children's growth-related injuries, understand gymnastics and are experts in their fields.

Required Sports Medicine Report

If you see a Delta preferred Physio, a complete sports medicine report will automatically be sent to the coaches at Delta Gymnastics to ensure that we are following the best possible practices to support your gymnast's injury prevention and/or recovery program.



If you see another qualified Physio, doctor, or other health professional for your gymnast, a Sports Medicine Report must be filled out by the health professional. Again, it is the only way for our coaches to be able to set the training program for your gymnast to best help the injury prevention and/or recovery program.

Please note: a report should be filled out even if the issue or injury is not related to gymnastics, as we would hate to slow down or hinder the recovery with our training.

A blank Sports Medicine Report is attached in the Appendices to this Booklet and can be found in PDF format in the Delta Brisbane Handouts and Notes tab of our Website. Don't hesitate to make additional copies and/or ask us for more.

Supplemental Gymnastics Australia Insurance

Gymnastics Queensland strongly advise that private medical cover is subscribed to in order to best recover costs associated with specialist services which can occur due to the demands of training. In addition, as a part of the registration fee paid to Gymnastics Queensland each year, your child is insured for any accident or injury that may occur while training or competing.

If an injury occurs to one of your members or volunteers, please provide the following instructions:

Visit Marsh's web site and read the General Information and Summary sheets.

- 1. Download the Personal Injury Claim Form https://marshadvantage.com.au/aymnastics/Claims
- 2. Complete the Claim Form and submit it to the Claims Department within 180 days from the date of injury (as soon after the injury is sustained is preferable).
- 3. Do not wait for treatment to cease before making a claim.
- 4. Marsh will confirm receipt of your claim form or contact you should they require further information.

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For assistance with your Personal Injury Claim

- Claims enquiries: National Phone Number:
 1300 306 383
- For claims information <u>click here</u>.
- Insurance Claim Form (Adobe PDF File)
- FAQ Insurance 2020 (Adobe PDF File)

Important Information

The Health Insurance Act (Cth) 1973 does not permit the Insurer to contribute to any charges covered by Medicare (including the Medicare Gap).



Appendix Sports Medicine Report

Dear Practitioner,

At Delta Gymnastics we do a number of activities which may be appropriate for the gymnast to do while recovering from an injury. Please help us maximise their safety and minimise the interruption to training during recovery by advising us on the following information.

Dear Parent,

In order for our coaches to give your child an appropriate training program, THE GYMNAST MUST RETURN THIS FORM TO YOUR CHILD's COACH PRIOR TO RESUMPTION OF TRAINING. Please do not place us in the awkward position of having to suspend membership temporarily pending receipt of medical guidance.

GYMNAST'S NAME:		DOB:
ISSUE (in medi	ical & layman's terms) AND ANY P	REVIOUS HISTORY
Practitioner's Name, Title, & Company Date of Most Recent Physio Visit		Practitioner's Contact Information Date of Next Scheduled Physio Visit:
	Focus on:	
	Loading:	
FLEXIBILITY	Avoid:	
	Focus On:	
	Loading:	
STRENGTH	Avoid:	
	Focus On:	
	Loading:	
ALIGNMENT	Avoid:	
	Focus On:	
	Loading:	
OTHER	Avoid:	
	Focus on:	
	Loading:	
The gymnast will undergo physiotherapy		The gymnast is expected to return to full training
		BY:
FR∪M·	TO:	