

## *Injury Policy and Procedure*

### *Injury Policy*

Here at Bodywork we understand fully the demands upon young bodies during training, both physically and emotionally. As teaching staff, we have a duty of care to nurture talent in a safe and effective way. The three or four years of training will prove to be challenging and fulfilling, giving the student all the tools needed to become an accomplished performing artist.

Knowledge is key in enabling students to get the best from their body and mind. Anatomy, nutrition, injury prevention and Pilates are all included in the timetable.

The Injury Clinic at Bodywork provides a valuable service to the college. Emma Kerr, College Partner & Head of Injury Management, is a Sports and Remedial massage therapist and Pilates practitioner who has worked closely with both students and professionals for many years and works to reduce injury rate and raise awareness. Sports Massage is proven to be a highly effective manual therapy for performers. In the clinic, pastoral advice, biomechanical issues and technique is also addressed. This clinic is on site and accessible during college hours, and in the case of injury, advice and treatment is readily available. The Injury Manager works closely with the college staff and teaching faculty, helping students to recover in the safest way. Injuries are closely monitored and rehabilitation work given.

The clinic has established links with local physiotherapies, osteopaths and other recommended that students try to take out private health insurance.

### *Injury Procedure*

In the event of an injury, students must report it to injury management or a first aider. If appropriate, RICE (Rest, Ice, Compression and Elevation) will be applied in the first instance.

Injury Management will assess, advise and communicate as necessary to staff. The Injury Management will advise best course of treatment; this may be sports massage, physiotherapy or osteopathy.

Injury is monitored and treated accordingly.



An injury form will be issued stating what you should or should not be doing to help the healing process. You must show this to all teachers.

In the event that you are advised to rest completely you will fill in an observation sheet for each class or you may be given rehabilitation work to be doing while you are watching. Long-term injuries will be closely monitored and you will be put on a personal timetable.

An injury file is held for all students in the injury clinic.

The Injury Manager will always try to see you within a day of your injury occurring and is available to contact between 8:00am and 9:00pm.

**Reviewed by Mike Udin, Chair of Governors – September 2020**

**To be next reviewed September 2022**

