



GOSPORT ICE SKATING CLUB

31st July 2013

Consideration of Skating With an Existing Injury

The committee have taken advice from several sources:

Our insurance providers, Perkins Slade
Our club judges
Our club coaches
NISA

We have concluded that it may be possible to continue skating on club ice with a treated injury; provided the following action is taken:

- The information sheet below (*Gosport Ice Skating Club – Consideration of skating with an existing injury*) is to be shared with your medical practitioner, GP/consultant.
- You obtain a fit note signed by your medical practitioner confirming they have read the information below and you are fit to skate on club ice for practice and/or competitions.
- You produce the original fit note to a committee member before you skate.

Gosport Ice Skating Club
July 2013



GOSPORT ICE SKATING CLUB

Consideration Of Skating With An Existing Injury

The GISC brings together ice skaters in a recreational and competitive environment. At Gosport, we concentrate on dance, free, and synchronised skating.

The club offers the chance for members to meet and practice together and holds competitions between its members and with other clubs around the UK.

We encourage skaters to enter NISA Sponsored competitions and to improve their skating standard by allowing them to take professional lessons during club time.

Figure Skating is a sport with many dimensions; and like all sports there are inherent risks.

In order to join the GISC skaters have passed at least the Gold level of the 'I-SKATE' programme and will be required to pass the club's audition.

Many skaters compete, and when they do so, they compete within groups of other skaters with similar ability levels. These abilities are proven by the passing of official NISA tests, taken in front of NISA appointed judges at designated "test sessions". The tests establish several "Levels" of skating in each discipline.

Synchro skating is a "team" event, with teams of as many as 24 skaters, skating complicated routines and patterns of incredible complexity as one unit. The teamwork and timing required makes this a challenging sport.

The skating carried out at 'Club' and especially when entering competitions can be stressful and requires a significant amount of concentration and confidence. Falls and trips are a common part of this level of skating.

In club sessions we can have up to 60 persons on the ice at any one time and this means people may have to stop suddenly or quickly change direction to avoid a collision.

If a skater has an injury that may be affected by falling or colliding with someone, or a part of the rink structure, we would need a medical certificate saying that the skater's injury is of sufficient condition that does not preclude them from taking part in the club session or a competitive environment.