

Members Illness Guidance

It can be tricky deciding whether to keep your child off gymnastics when they're unwell. To ensure the health and safety of all members, we follow guidelines based on NHS advice and recommendations for schools and nurseries.

Condition	Do you need to keep your gymnast off?	Guidance
Chicken Pox	Yes	Exclude for 5 days after the rash appears or until all spots are crusted over. Inform the club in case of vulnerable children/staff.
Cold Sores	No	Encourage your child not to touch the sores, wash hands regularly, and avoid sharing items such as cups or towels.
Conjunctivitis	No	Attendance is fine once treatment starts. Reinforce hand hygiene and discourage rubbing eyes.
Coughs and Colds	No	Gymnasts can attend unless they have a high fever (see below). Encourage tissue use and handwashing.
Diarrhoea	Yes	Return 48 hours after the last episode.
German Measles (Rubella) *	Yes	Exclude for 4 days after the rash appears. Inform the club in case of vulnerable children/staff. <i>Preventable by immunisation.</i>
Earache	No	Pain relief may help. Consult your GP if the earache persists or if there are signs of infection.
E. Coli	Yes	Exclude until 48 hours after the last episode of symptoms. Seek advice from a healthcare professional.
High Fever (Above 38°C)	Yes	Children with a fever (38°C or higher) are likely to be unwell to attend gymnastics.
Flu (Influenza)	Yes	Exclude until fully recovered, usually 5 days.
Hand, Foot and Mouth	Yes	Exclude until all spots have crusted over. Encourage tissue use and handwashing. Inform the club if necessary.
Head Lice and Nits	No	Gymnasts can attend as long as treatment has started. Check hair regularly and consult a pharmacist for advice if needed.
Impetigo	Yes	Exclude until all sores have crusted over and healed, or 48 hours after starting antibiotics. Reinforce hygiene and avoid sharing items.
Injuries to Limbs	No	Gymnasts with injuries can attend but must inform the club beforehand so alternative arrangements can be made.

Measles *	Yes	Exclude for 4 days after the rash appears. Inform the club in case of vulnerable children/staff. <i>Preventable by immunisation.</i>
Mumps *	Yes	Exclude for 5 days after swelling appears. Inform the club in case of vulnerable children/staff. <i>Preventable by immunisation.</i>
Ringworm	No	Attendance is fine once treatment begins. Scalp infections require GP advice.
Scabies	Yes	Exclude for 24 hours after the first treatment. Consult a healthcare professional for treatment.
Scarlet Fever	Yes	Exclude for 24 hours after starting antibiotics. Without treatment, children are infectious for 2-3 weeks.
Sickness/Vomiting	Yes	Return 48 hours after the last episode.
Slapped Cheek Syndrome	No	Gymnasts can attend once the rash appears, as they are no longer infectious. Inform the club in case of vulnerable children/staff.
Shingles	Yes	Exclude if the rash is weeping or cannot be covered. Can spread chickenpox through close contact. Inform the club in case of vulnerable children/staff.
Sore Throat	No	Pain relief may help. Consult your GP if there are signs of bacterial infection (e.g., white spots on tonsils).
Threadworms	No	Attendance is fine as long as treatment has started. Consult a pharmacist for advice on treatment.
Tonsillitis	No	Most cases are viral and do not require antibiotics. Gymnasts can attend if they feel well enough.

Key Notes for Parents

1. **Hand Hygiene:** Encourage your gymnast to wash their hands regularly and practice good hygiene to reduce the spread of infections.
2. **Inform the Club:** Notify the club immediately if your child is diagnosed with an illness that could affect others, particularly vulnerable members.
3. **When in Doubt:** If you're unsure whether your child is well enough to attend, consult the NHS website or contact a healthcare professional.