

Medical policy

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1. What will U-turn do?

U-turn is the student gymnastics association of Utrecht. We offer gymnastics practices as well as other activities for students.

Information on the website

The medical policy is available on the website under the category documents.

Questions

For questions or remarks one can contact the board or Esther Korte, our contact from “Fysiofabriek”

2. Injury prevention

What do we do in order to prevent injuries during practices;

- Always begin slowly at the start of the season through working on strength, flexibility, stamina, coördination and speed according to the schedule developed by our trainers.
- Not attempting to perform on a higher level than where you are personally at by offering exercises at every level by our trainers.
- Trainers who offer help and advice. Trainers with a level 3 license keep up with knowledge and new insights through refresher courses and further education. They share the knowledge acquired with the other trainers
- Warming up and cooling down.
- During vacations we offer additional practices in order to keep up with strength, flexibility, stamina, coördination and speed. Exercises to keep up with these skills at home can often be found in the summer magazine as well.

In gymnastics the ankles, wrists and knees are particularly vulnerable for injuries. Beware of signs of excessive strain (inexplicable pain, stiffness, tingeling, cramps, muscle fatigue, etcetera) and adjust your practice accordingly. You can ask trainers or physiotherapists for advice. For example, by using training schedules and apps in order to strengthen your ankles, not just for strength but also for flexibility. The website of “Fysiofabriek” contains a lot of exercises as well.

3. In case of injury

Take enough time and rest to allow the injury to heal properly. Do not force it. Trainers and/or physiotherapists are available for advice and questions.

First Aid kit

A first aid kit is present in the gymnasium. You are free to use anything in the kit. In case something is lacking, please notify the board. Cool packs can be found in the freezer located in the kitchen. Do not forget to wrap a fabric such as a towel around the cooling element when using it.

4. useful information**safety in and surrounding the gymnasium**

- Do not put anything in front of the emergency exits.
- Do not put anything in front of, or on top of steps or the edge of raised platforms, in order to keep them clearly visible.
- clean up any used materials to prevent risks of tripping up
- Check events and set ups before use and after adjustments
- Renew your grips every 1,5-2 years
- Renew your braces when they have lost their stretch. (when used intensively every 1,5-2 years)

When in doubt, always contact your general practitioner.