



Illness policy for children at P4Gymnastics club

To enable you to make the decision on whether children are ok to train we have a policy in place. The reason this policy is important is although some illnesses require a child to remain at home for a period of time to prevent the spread of infection and to allow the child to rest and recuperate. Children with a temperature of 100° Fahrenheit (37.7 degree celsius) or higher should remain at home until this has settled.

If your child has been off school due to illness, they are not allowed to attend gymnastics. Children will be sent home if they attend.

- Vomiting & Diarrhoea: If children have had more than 2 episodes of sickness or diarrhoea in a 24 hour period they should be kept away from the gym until they have been 48 hours clear of symptoms. Children may return once the reason for change in bowel has been resolved and if the change is not due to Salmonella, Shigellosis or E. coli infections.
- Hepatitis A: Usually lasts for 1-10 days. Symptoms include skin lesions with several stages including raised pimples filled with fluid or pus and crusted areas. Children should remain out of the gym until skin lesions are healed, or until 24 hours after medical treatment has been started.
- Impetigo: Extremely contagious that causes sores and blisters on the skin. Antibiotics are recommended and children are no longer contagious after 48 hours of treatment, where they can return to the gym.
- Measles: Symptoms include a bad cold, watery eyes and a rash. Children should be kept out of the gym until the 5th day after the rash disappears or when their local health department states the patient is non-infectious.
- Mouth sores: Children only need to be excluded from the gym if mouth sores are coupled with drooling.
- Pediculosis (Head Lice): Children should be excluded at the end of the day and until the hair has been treated and there are no nits present. An additional treatment is needed 7 to 10 days later to kill the eggs that have hatched. Using a nit comb is the most effective way to remove lice.
- Pertussis (Whooping Cough): Children should be kept away from the gym until five days after the appropriate antibiotic has been completed or until the local health department states the patient is non-infectious.
- Varicella-zoster (Chicken pox): Can range from 10-21 days and symptoms include a sudden onset of mild fever, rash on the second day as superficial raised pimples, which shortly become filled with clear fluid. Later scabs form. Children should be kept

away from the gym until all the lesions have dried and formed scabs, usually within six days of onset of rash.

- Influenza: Usually 1-3 days of symptoms including a sudden onset of fever, sore throat, muscle aches, runny nose, cough, and headache. Children should be kept at home for the duration of the fever and until the child is able to resume routine daily activity.
- Ringworm: Has an incubation period of 4-10 days. The condition may persist and recur for many years. Symptoms include small, reddish, itchy, scaly patches that gradually expand outward, clearing in the middle, forming a flat, spreading ring-shaped lesion with scaling margins and clear centres. Gymnasts can attend training once treatment is started.
- Strep Throat/Scarlett Fever: Usually lasts 1-3 days with symptoms including sudden onset, with sore throat, fever, tonsillitis or pharyngitis, and tender lymph glands in the neck. Rash, if it appears, usually does so within 24 hours upon the neck, chest, and in the folds of the axilla, elbows, and groin. It appears as a fine, pinpoint rash that can be felt. The face is flushed, with paleness around the mouth. Exclusion from the gym until at least 24 hours after beginning antibiotic treatment, and until they are fever free.
- Eczema: not contagious and therefore does not require exclusion.
- Mumps: Has an incubation period of 14-25 days. Symptoms include general feeling of unwell, high temperature, pain and swelling at the side of the face. Children should be kept out of the gym until the swelling goes down.
- Parvovirus B19 (slapped cheek disease): Can last 1-20 days. Symptoms include fever and nasal discharges, red rash on cheeks. Excluded from the gym until rash appears, children are no longer contagious when the rash appears.
- Verrucas and Warts: Often occur on the hands and feet, and can be spread particularly through water. Gymnasts can train with verrucas and warts but should remain covered to decrease the risk of spreading.

Please visit <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> for more guidance.