



ASTHMA AWARE POLICY

INTRODUCTION

Asthma is a major chronic health condition that currently affects 1 in 4 children, 1 in 7 teenagers and 1 in 10 adults. Over 300,000 South Australians have asthma, and it is estimated that up to 80% of these will experience symptoms during physical activity. Recreation organisations can play a key role in providing a safe and supportive environment for members and patrons with asthma.

Prospect and Enfield Kindergym Inc. recognises the need to educate its members, staff and volunteers about Exercise Induced Asthma and to promote responsible asthma management strategies.

It is recommended that all people with asthma regularly consult with their Doctor regarding their daily asthma management. However, to reduce the likelihood of an asthma emergency during a Gymsport activity and to ensure prompt treatment of an asthma emergency, strategies will be put in place to support the person with asthma.

PURPOSE

The Asthma Policy aims to:

- Raise the awareness of asthma within Prospect and Enfield Kindergym Inc.
- Implement the necessary strategies to ensure the health and safety of all Kindergym participants with asthma
- Provide an environment in which members with asthma can participate fully in all available activities
- Communicate a clear set of guidelines and expectations to be followed with regard to the management of asthma.

POLICY

Prospect and Enfield Kindergym Inc. is committed to providing a safe and enjoyable environment for people with asthma to attend and participate in gymnastic activities.

Asthma management should also be viewed as a shared responsibility. To create a supportive environment, each of the key groups within Prospect and Enfield Kindergym Inc. are committed to the following undertakings:

Coaches/Leaders will be encouraged to:

- Participate in accredited asthma first aid training programs
- Be aware of participants with asthma within their club
- Encourage participants and parents/carers to implement strategies to reduce the impact of Exercise Induced Asthma
- Where necessary, modify activities in accordance with a participants needs



- Promptly communicate any concerns to the participants parent/carer should it be considered that a member's asthma is limiting his/her ability to participate fully in all activities.

Parents/carers will be encouraged to:

- Take responsibility for their child's health and safety
- Implement strategies to reduce the impact of exercise induced asthma
- Ensure they carry or have available appropriate reliever medication (blue/grey puffer) for their child at all times
- Wherever practical discuss all relevant information and concerns regarding their child's asthma with the coach/leader as the need arises
- Provide and update at least annually, all relevant information regarding the participant's asthma via the registration form
- Communicate all relevant information and concerns regarding asthma with the coach/leader

The Club Committees / Management will be encouraged to:

- Provide all coaches/leaders with a copy of the Asthma Aware policy upon commencement
- Make available to all participants a copy of the Asthma Aware policy
- Ensure that an appropriate number of coaches/leaders have current accreditation in emergency asthma management
- Formalise and document the internal procedures for emergency asthma management
- Ensure that all coaches/leaders are aware of members with asthma in their sessions
- Provide an environment that is low allergy and asthma friendly, including the provision of a smoke-free and low dust environment
- Ensure telephone access at every venue and event for the calling of emergency personnel.

All parties are encouraged to contact Asthma SA on 8362 6272 or www.asthmasa.org.au for support or advice as needed.

Policy name	ASTHMA AWARE1	Approved by	
		Committee on	Sept 2016
		Reviewed	Nov 2021
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