

Asthma Policy

1. Policy Background

This organisation recognises that asthma is a common chronic condition affecting the airways, causing inflammation and narrowing which can lead to symptoms such as wheezing, coughing, chest tightness and shortness of breath. Asthma attacks can be triggered by a variety of factors including exercise, cold air, allergens, respiratory infections and emotional stress.

We acknowledge that asthma can usually be effectively managed with appropriate medication and care. The organisation is committed to ensuring that all children with asthma are able to participate fully, safely and confidently in gymnastics activities without discrimination.

2. Policy Statement

- We recognise that asthma is a serious but controllable condition and that children with asthma can participate fully in all activities.
- All gymnasts with asthma will be welcomed and included.
- We will ensure that all staff understand asthma and are able to respond appropriately in an emergency.
- We will promote a supportive and inclusive environment where children with asthma are not stigmatised.
- We will work in partnership with parents/carers and, where appropriate, healthcare professionals to support each child's needs.

3. Individual Asthma Management

- A record will be kept of all children with asthma.
- Each child with asthma should have an **Individual Asthma Plan** provided by parents/carers, which includes:
 - Known triggers
 - Usual symptoms
 - Medication required
 - Emergency contact details
 - Consent for staff to administer medication
- Parents/carers are responsible for ensuring all information is accurate and up to date.

4. Access to Medication

- Children with asthma must have **immediate access to their reliever inhaler at all times**.
- Inhalers will **not be locked away** and will be kept:
 - With the child (where appropriate), or
 - With the coach/instructor on the gym floor
- A spare, clearly labelled inhaler should be provided by parents/carers where possible.
- All inhalers must be in their original packaging, clearly labelled with the child's name.

5. Administration of Medication

- Children will be encouraged to self-administer their inhaler where appropriate.
- Staff will assist where necessary.
- Staff will check that the correct medication is given.
- All administration of medication will be recorded and reported to parents/carers.
- Medication must only be administered to the child for whom it is prescribed.

6. Exercise and Activity

- Children with asthma will be encouraged to take part in all activities.
- Coaches will:
 - Be aware of children with asthma in their group
 - Allow children to take preventative medication before exercise if prescribed
 - Ensure appropriate warm-ups and cool-downs are carried out
 - Allow rest breaks where needed
 - Monitor for symptoms during activity
- No child will be forced to continue activity if they are unwell or experiencing symptoms.

7. Asthma Attack Procedure

In the event of an asthma attack:

- Help the child to sit upright and remain calm
- Assist them in taking their reliever inhaler (usually blue)
- Give 1 puff every 30–60 seconds up to a maximum of 10 puffs
- If there is no improvement after 5–10 minutes, call 999
- If symptoms worsen at any time, call 999 immediately
- Continue to give the inhaler as required until help arrives
- Inform parents/carers as soon as possible

- Record the incident in the accident/incident log

8. Staff Training

- All staff who work with children will receive training on:
 - Understanding asthma
 - Recognising symptoms and asthma attacks
 - Use of inhalers and spacers
 - Emergency procedures
- A qualified first aider will be present at all sessions.

9. Emergency Inhalers

The organisation acknowledges the guidance relating to emergency salbutamol inhalers under the Human Medicines (Amendment) Regulations 2014.

As a non-school setting, the organisation does not currently hold an emergency inhaler. This position will be reviewed regularly in line with best practice and risk assessment.

10. Safeguarding and Inclusion

- The organisation will ensure that children with asthma are not discriminated against.
- We will take steps to prevent bullying and promote understanding of medical conditions.

11. Partnership with Parents/Carers

- Parents/carers must:
 - Provide up-to-date medical information
 - Supply labelled medication
 - Inform the organisation of any changes in condition
- The organisation will communicate any concerns or incidents promptly.

12. Review

This policy will be reviewed annually or sooner if guidance changes.

Version	Date Approved	Approved By	Next Review
1.0	03/08/2021	Louise Combella - Manager	Aug 2022
1.0	10/08/2022	Louise Combella – Manager	Aug 2023
1.0	01/06/2023	Louise Combella – Manager	June 2024
1.0	06/06/2024	Louise Combella – Manager	June 2025
1.0	10/06/2025	Louise Combella – Manager	June 2026

Version	Date Approved	Summary of Changes
2.0	10/04/2026	<i>Change location for storage of inhalers to immediately accessible</i> <i>Addition of asthma attack procedure</i> <i>Reference to IHPs included</i> <i>Further details regarding staff training and competencies included</i> <i>Added section regarding exercise specific guidance</i>

Signed: Louise Combella Senior Manager Date: 10/04/2026