**Members Illness Guidance**

It can be tricky deciding whether to keep your child off gymnastics when they are unwell ­­but here is a guide to help you.

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| Description | Do you need to keep your child off? | Explanation |
| Chicken Pox | yes | Usually 5 days. All spots must be crusted over before returning (please inform Wickers in case of vulnerable children/staff). |
| Cold Sores | No |  |
| Conjunctivitis | No  | As long as they are being treated, your child can attend gymnastics once treatment has started.  |
| Coughs and Colds | No  |  |
| Diarrhoea | yes | May return 48 hours after the last episode. |
| German Measles  | Yes | Four days from onset of rash (please inform Wickers in case of vulnerable children/staff)  |
| High Fever (above 38.0c/100.4f) | Yes | If member has a fever of 38.0c/100.4f or higher then they are likely to be too unwell for gymnastics. |
| Flu | Yes |  |
| Hand, Foot and Mouth | No  | (please inform Wickers in case of vulnerable children/staff) |
| Head Lice and Nits | No - as long as they are being treated.  |  |
| Impetigo | Yes | Keep off gymnastics until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.  |
| Injuries to Limbs | Please contact the Club to discuss. |  |
| Measles  | Yes | Four days from onset of rash (please inform Wickers in case of vulnerable children/staff)  |
| Mumps  | Yes | Five days from onset of rash (please inform the club in case of vulnerable children/staff)  |
| Scarlet Fever | Yes | 24 hours after first Antibiotic treatment.  |
| Sickness/Vomiting | Yes | May return 48 hours after the last episode. |
| Slap Cheek  | No  | Once the rash appears they are no longer infectious (please inform Wickers in case of vulnerable children/staff). |
| Shingles | Yes |  (please inform the club in case of vulnerable children/staff). |
| Sore Throat | No  |  |
| Tonsilitis | No  | There are many causes, but in most cases are due to viruses and do not need an antibiotic |