STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 20.01.2020 – 2000-2200 | Marjon Swimming Pool | 2hours | Supporting Swimmers & Water Polo team members poolside |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| There were no injuries or issues during the swimming training or the ladies’ water polo training session.  I did have a female water polo player approach me to ask if I could tape her wrist for the water polo game the following evening. She had metal pins in her right wrist during surgery and it was to protect her from impact and pulling of the arm during a match. | | | Revise strapping techniques |
| Returning to reflections at a later date |
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