



# Accident insurance for gymnasts

## To You Who Are a Gymnast

There are four different accident insurances that a club can choose from. Check with your club to find out what applies to you. Below you will find a brief description of the insurances. If you have any questions, you can contact the insurance broker Tydliga. More information about the insurances and their terms can be found at [tydliga.se](http://tydliga.se).

## What Counts as an Accident?

The insurances provide compensation for accidental injuries. This means a bodily injury suffered by the insured through a sudden unforeseen event, such as a gymnast getting injured on equipment or in a fall. The insurance applies to injuries sustained while participating in competition, performance, or training, as well as travel to and from any of these activities. The activity must be conducted under the auspices of the Gymnastics Federation or an affiliated club.

## What Does the Insurance Compensate?

The insurance is an accident insurance that can provide compensation for the following:

- Medical costs
- Travel costs
- Rehabilitation and aid costs
- Additional costs, such as damaged clothes
- Crisis treatment
- Medical disability
- Death

## Basic Insurance

The basic insurance covers all gymnastics for children, youth, and recreational athletes, as well as travel to and from such activities. The basic insurance is tailored for a broad target group of gymnasts.

## Training Insurance

The insurance is mandatory for all gymnasts who perform free rotations around the transverse axis (regardless of equipment). The training insurance is tailored for advanced gymnastics.

## Competition Insurance

The insurance is mandatory for all gymnasts who participate in competitions with gymnasts from other clubs where evaluation takes place. The competition insurance is tailored for competition and more advanced gymnastics.

## How to Report a Claim

To report a claim, go to [svedea.se](http://svedea.se) and click on Report a Claim. You do not need to identify yourself for a sports injury; simply follow the instructions until you reach the Gymnastics Federation's online claim form.

When you report your injury, you also have the opportunity to contact a physiotherapist for free up to three times. To use this consultation service, you need to first book an assessment call. Instructions and a booking link will be sent to you as soon as you have reported your injury.

If you have any questions, you can call Svedea at +46 (0)771-160 199.

## Do you have questions about the insurances?

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**Price Base Amount:** The price base amount refers to the amount determined according to the law on general insurance and applicable the year any damage occurs. For 2024, the price base amount is 57,300 SEK.