

# **POLICY DOCUMENT #2:2006**

## **SAFETY AND HEALTH**

### **POLICY STATEMENT**

The Committee of the South Perth Junior Cricket Club will enact a comprehensive Safety and Health policy to ensure the Club does all it can to provide a safe and healthy environment in which players, coaches, volunteers and supporters can enjoy their cricket.

### **GUIDING PRINCIPLES**

- The Committee recognises the Club has legal and moral obligations in the area of safety and health under the duty of care and vicarious liability provisions of several Acts.
- A comprehensive Safety and Health policy is essential to protect the Club by minimising the risk of incurring legal liability on the grounds of negligence.
- Enacting the Safety and Health policy will provide proof that the Club has taken all practical steps to minimise the foreseeable safety and health risks associated with the Club's operations.
- Based on the WACA's Healthy Club Guide, the Club has identified five areas of safety and health which are specifically addressed in the attachments to this Policy.
  1. Sport Safety
  2. Sun Protection
  3. Smoke Free Environment
  4. Alcohol and Other Drugs
  5. Lifestyle Issues

### **DELEGATIONS AND RESPONSIBILITIES**

Inclusion in this Quality Manual provides proof that the Committee has endorsed the Policy. All office bearers, Committee members, coaches, volunteers and members are responsible for ensuring the Club's endorsed policy is promoted and upheld.

### **RELATED CLUB POLICIES**

The Club' policies on Risk Management (#1:2006), Coaching and Volunteers (#4:2006) and the Codes of Behaviour (#6;2006) are relevant.

### **RELEVANT EXTERNAL POLICIES, DOCUMENTS AND LEGISLATION**

Occupational Safety and Health Act 1994  
Tobacco Control Act 1990  
Healthy Club Guide, Western Australian Cricket Association.  
Western Australian Cricket Association Guidelines for Fast Bowlers.  
Department of Sports and Recreation "Drugs in Sport Policy"

## **SAFETY AND HEALTH POLICY AREA 1: SPORT SAFETY**

**"The Club will encourage all members to adopt practices that seek to prevent injuries, and which minimise the effect of injuries which do occur from time to time"**

- The Club will encourage the correct use of good quality protective equipment by players at Under 11 Level.
- The Club will make mandatory the correct use of good quality protective equipment, including helmets, by all players from Under 13 to Under 17 level.
- The Club will provide protective equipment which meets Club standards for players who do not have their own.
- To guard against manual handling injuries the Club will provide kit bags with wheels for Club gear, and will encourage players to use kit bags with wheels for their own kit.
- A fully maintained St John's Ambulance "Standard" first aid kit (or equivalent) will be provided to each Coach (of u/11s and above) and should be available at training and all games.
- A fully maintained St John's Ambulance "All Purpose - Medium" first aid kit will be provided at each Joey/Kanga venue.
- All Coaches and Co-ordinators will be encouraged and supported to do first aid training:
  1. For Coaches handling Club teams in the Under 11 age group, the Club will pay at least 50% of the cost of the St John's Ambulance "Introductory First Aid" one-day course (or equivalent).
  2. For Coaches handling Club teams in the Under 13 to Under 17 age groups, the Club will pay at least 50% of the cost of the St John's Ambulance "Senior First Aid" two-day course (or equivalent).
  3. For Joey and Kanga Co-ordinators, the Club will pay at least 50% of the cost of the St John's Ambulance "Senior First Aid" two-day course (or equivalent).
- Coaches will be provided with relevant medical information on all players in their team.
- Coaches will be provided with contact phone numbers, addresses and hours of operation, of the nearest emergency medical services available at each venue used by the Club.
- The Club fully supports, and will enforce, the WACA guidelines for the maximum number of overs a bowler may bowl in a spell as a means of preventing back injuries.
- The Club will ensure that adequate supplies of fresh drinking water are available at all venues to prevent dehydration of players and Club officials.

## **SAFETY AND HEALTH POLICY AREA 2: SUN PROTECTION**

**"The Club recognises that exposure to ultra-violet radiation (UVR) has negative health effects and will implement the following strategies to minimise exposure."**

- Wherever possible, training and matches will be scheduled to minimise the time players are exposed to the sun between 10am and 3pm, when the sun is at its most damaging.
- Adequate shade will be provided for players and Club officials at all venues.
- Players and Club officials will be advised to wear clothes with a high UVR protection rating. The use of shirts with long sleeves and collars, wide brimmed hats and UVR protective sunglasses which meet Australian Standards will be encouraged.
- A "no hat - no play" policy will be enforced for all players and Club officials.
- Players and Club officials will be encouraged to use good quality sunscreen at games and during training. The Club will ensure sunscreen of at least SPF15+ is available at all games.
- The SunSmart sun protection message promoted by Healthway will be displayed in Club newsletters and, where appropriate, on Club property and at games and functions.

## **SAFETY AND HEALTH POLICY AREA 3: SMOKE FREE ENVIRONMENT**

**"The Club recognises smoking and passive smoking are hazardous to health and will work to ensure a smoke-free environment for players, officials and supporters."**

- The Club requires that all coaches, volunteers and supporters refrain from smoking in the presence of players at training, during matches or at any official Club function.
- No player will be permitted to smoke at any event under the control of the Club.
- All in-door venues used by the Club such as change rooms, offices and function venues will be smoke free, as will Club Committee meetings.
- The "Smarter Than Smoking" message promoted by Healthway will be displayed in Club newsletters and, where appropriate, on Club property and at games and functions.

#### **SAFETY AND HEALTH POLICY AREA 4: ALCOHOL AND OTHER DRUGS**

**"The Club will promote the responsible use of alcohol by adults and will not permit the use of alcohol by players under the age of 18 years.**

**The use of illicit or performance enhancing drugs by any player, official or supporter associated with the Club will not be tolerated."**

- The Club requires that all coaches, volunteers and supporters refrain from consuming alcohol in the presence of players at training or while a match is in progress, unless they are in licensed premises.
- No person under the age of 18 years will be permitted to consume alcohol at any event under the control of the Club.
- At any Club function where alcohol is served rapid or excessive consumption will be discouraged, low and non-alcoholic alternatives will be available and alcohol will not served to any person who is intoxicated or under the age of 18 years.
- A player may use a banned drug or substance for therapeutic purposes if he/she complies with the Department of Sport and Recreation "Drugs in Sport" guidelines.

#### **SAFETY AND HEALTH POLICY AREA 5: LIFESTYLE ISSUES**

**"The Club recognises its responsibility to contribute to the health and well-being of its members through a variety of mechanisms"**

- The Club will make information available to members and their families which promotes the benefits of a healthy lifestyle.
- In particular, the Club will promote the importance of good nutrition before, during and after training and competition.
- All Club events that involve serving food will ensure that a variety of healthy food choices are offered and that safe food handling and preparation practices are followed.
- Coaches and volunteers will comply with the Club's Code of Conduct, set appropriate examples and act as positive role models for safety and health issues at all times.
- Issues relating to harassment, bullying and other damaging or exploitative behaviors are covered under separate Policies (#6:2006; #7:2006).