



Health and Safety Policy Statement

1. The health and safety of our members, volunteers and spectators (if any) is of paramount importance.
2. The Club follows the England Netball *Rules of Netball* which are framed with safety in mind. The Club also adheres to the England Netball Safeguarding Policy and current guidance on Covid.
3. Level 2 Coaches all hold a current Emergency First Aid at Work qualification. Other coaches are encouraged to have the same qualification.
4. An up-to-date first aid kit is brought to all training sessions and matches.
5. Applicants for membership are asked to disclose any health issues that may affect them as netballers. These details are held securely and made available to Coaches and the Safeguarding Officer.
6. All players and parents are required to sign up to appropriate codes of conduct.
7. Before any session the Lead Coach will perform a risk assessment (which may be informal) of the facility, looking for such risks as debris or trip hazards. The Lead Coach will ensure that any risks are eliminated or mitigated.
8. All training sessions are held under the supervision of a Level 2 Coach.
9. Players are instructed to wear netball trainers to minimise the risk of ankle and knee injury.
10. Players wear club kit at matches and Club T-shirts at training. Coaches set a good example by wearing identifiable and appropriate clothing in club colours.
11. During netball activities no jewellery is worn, and nails are cut short so that they are not visible from the palm of the hand
12. All netball activities commence with a warm-up session to promote core strength and conditioning and to reduce the risk of strains.
13. [Added at AGM on 12.10.2022] In the event of a player being unable to continue playing as a result of an injury or becoming unwell, a first aider should be called to attend. The first aider and coach or team manager should determine which action(s) should be taken:
 - call for an ambulance
 - obtain access to a defibrillator if necessary
 - administer first aid for injury in accordance with guidelines communicated in Emergency First Aid at Work training
 - call the player's parent or alternative contact to get the player picked up and taken home or to A&E. A responsible adult should remain with the player until her care can be handed over to a paramedic, parent or designated alternative contact.