



Health and Safety Policy

PURPOSE AND OBJECTIVES

The South Brisbane District Cricket Club (SBDCC) has a responsibility to provide a safe and healthy environment.

The SBDCC will take a positive role in educating and increasing the awareness regarding injury prevention, management and relevant health issues.

HEALTH AND SAFETY GUIDELINES/POLICY

The provision of safe environments is essential for all participants in SBDCC activities.

It is therefore necessary that those conducting the activities adhere to the following guidelines and principles:

- Maintain safe facilities and equipment;
- Adequately supervise participants during training and matches;
- Ensure that protective equipment is used during training and matches;
- Cancel training sessions and competitive matches where there is evidence of unsafe playing conditions;
- Recognise the physical and emotional differences between participants;
- Are sensitive to the long and short-term medical conditions of participants;
- Insist that cricket facilities and equipment are appropriate and safe;
- Insist that participants wear the appropriate protective equipment at all times as required;
- Warm up and cool down exercises should accompany all cricket activities;
- People are impacted by heat and other climates differently with some more susceptible to heat loss and/or gain. Training sessions should therefore be considered dependent on the conditions – coaches and support staff are responsible for ensuring players are not put under duress or stress during training or games;
- Ensure players and provided regular breaks for appropriate fluid intake as part of all training and playing activities;
- Acknowledge the use of drugs does affect sporting performance, general health and wellbeing – SBDCC will where appropriate and reasonable educate players about the use/misuse of drugs;
- Coaches and officials need to be made aware and be sensitive to the participants with health conditions, such as asthma, epilepsy or heart and lung conditions and be able to deal with any emergency. Medical advice should be sought when the condition or fitness or performance of a participant is questioned or when recovery from illness or injury is in doubt;
- Create quality-learning environments by encouraging accreditation for coaches; and
- Encourage coaches and volunteers to learn and maintain current first aid qualifications.

CONTACT OR QUESTIONS

If any person has any questions in relation to the above, please make contact with the President, Secretary or any Committee Member.