



**North Murray Diamond Sports
Association Inc.**

Healthy Club and Sport Safe Policy

Last updated: 05/03/2009



1. Smoking

North Murray Diamond Sports Association (NMDSA) recognises that the implications of smoking and passive smoking are hazardous and detrimental to the health and well being of all club members and players. The Club will continue its policy of ensuring a smoke free environment by taking the following actions.

- Ensuring all areas of the club, including the canteen, ablution block, covered areas and all grassed playing areas are smoke free during training and games.
- All functions held by our club will be smoke free events.
- Smoking is only permitted in the car park provided there is a minimum distance of 10 metres from all playing facilities, spectators, members and players. This applies to all club related activities including training and game days.
- Where club activities are undertaken at a venue other than the club's home grounds at Briggs Park, Mead Street, Byford then the minimum distance of 10 metres from all playing facilities, spectators, members and players will apply unless directed otherwise by the organisation whose grounds are being used.
- Actively promote the club as a smoke free venue through newsletters and club notice boards.
- No cigarettes or tobacco products are sold on the premises.
- Prominently displaying non-smoking signage.
- Smoking guidelines advertised in fixture books, newsletters and coaches manual.
- Directly requesting any non compliant persons (smokers) to vacate the venue
- No ashtrays will be at the venue except for at the stipulated smoking area.

2. Alcohol and Other Drugs.

North Murray Diamond Sports Association, does not promote, sell, provide or encourage the use of alcohol within the club.

- No alcohol will be used for player prizes/awards.
- The use of illicit drugs and performance enhancing drugs is not permitted by any North Murray Club member, player or patron.
- Coaches and officials help promote the education towards a drug free environment.
- Soft drinks and water are readily available through the canteen.

3. Sun Protection

North Murray Diamond Sports Association will continue to take all reasonable steps to address sun safe practices, where possible.

- The Club maximises the use of existing shade facilities (trees).
- All Club shirts have sleeves and the wearing of hats is compulsory – no hat, no play.
- All teams and scorers have been provided with portable shades and are actively encouraged to use them for all games.
- The Club provides sunscreen in all equipment bags and this is available to all members, participants and spectators. The use of sunscreen is actively encouraged as is reapplying sunscreen regularly during carnivals.
- At training sessions, all players are encouraged to wear clothing that will provide them with adequate protection from the sun.

4. Sport Safety

North Murray Diamond Sports Association will continue its policy of encouraging all members to adopt safe practices and principles that will seek to prevent injury.

Grounds & Equipment

The Club will:

- Ensure all sporting equipment is well maintained and in good working order.
- Inspect at least annually all club safety and protective equipment and replace as needed.
- Inspect the playing areas and report any possible risks to the Club Sports Safety Coordinator.
- Provide free access to clean drinking water.

- Maintain playing surfaces in conjunction with the Shire of Serpentine-Jarrahdale.
- Inspect playing surfaces for obstructions or potential dangers before any training or competition.
- Ensure that the full height netting that has been permanently installed to protect scorer's players, officials and spectators during baseball games is well maintained.

Player, Member and Volunteer Safety

The Club will:

- Encourage and promote inclusion of disabled players of diamond sports and work with them (and any carers) to ensure their safety and wellbeing.
- Require protective equipment such as body padding, helmets and player's gloves to be worn during games and training.
- Actively promote and encourage the use of mouthguards and protective cups during games and training and advise that the use of protective cups is compulsory for all male baseball players.
- Encourage players and volunteers to wear suitable clothing and footwear at all times.
 - All Tee-ball players are to wear long black socks as part of their uniforms and players do not go onto the diamond without having their shirt tucked in.
 - Actively encourage all players to wear long pants and shirts with sleeves to training sessions.
 - Volunteers during games are required to wear closed in shoes such as sneakers.
- Encourage warm up, stretching and cool down activities as an important component of all training and competition matches.
- Ensure that any relevant medical history or allergies are recorded on the player's registration form and that the information, if appropriate, is passed onto the coaches. This history should include any bleeding history (hemophilia) clotting, or infectious diseases.
- Ensure players participate in planned pre-season training programs prior to the commencement of the competition season. All coaches will be encouraged to begin training at least two weeks prior to the start of the season.
- Training is an essential component of our sport and it is expected that players will attend training sessions. The Coach should not allow the player to participate in games if the player is continually absent from training.
- Advise athletes to replace fluids before, during and after training and competition sessions and to have their own water bottle. The Club will also ensure that water is available for all participants and spectators.
- Encourage and assist coaches and umpires to improve their skills and knowledge through attending training courses and umpiring / coaching clinics.
- Provide netting to protect the scorers wherever possible.
- Provide netting to protect the pitcher during baseball training sessions.
- Advise female players of a child bearing age that they must notify their coach if they are pregnant or become pregnant. Players are encouraged to check with their General Practitioner or Obstetrician / Gynecologist for information regarding playing diamond sports during pregnancy. Any pregnant player plays at their own risk and the club is not responsible for any injury to the player, foetus or infant, should the player decide to continue with the sport. The club reserves the right to refuse membership (for playing purposes) to women more than four months pregnant.

First Aid

The Club will:

- Keep injury records in any event.
- Follow a sports safety plan in the event of any injury.
- Advise all members and First Aiders that if an injury results in bleeding, they are to minimise contact with the blood and wear protective gloves if they are providing first aid.
- Provide first aid kits in the canteen and in all team equipment bags.
- When requested, or following an annual inspection, items in the First Aid kits that have been used will be replaced.
- Encourage coaches to take ice packs with them to all training sessions and games.
- Wherever possible ensure that accredited First Aiders are at all training sessions and games.
- Include in Club member database the first aid qualifications of parents and disperse this information to coaches.
- Ensure that at all home games, there is at least one First Aider present.
- Provide identification for first aiders at games, carnivals and club events.
- Encourage parents, members and volunteers to attain first aid or Sports Injury Management qualifications.
- Ensure that all members are given the opportunity to receive training in sports injury prevention and treatment.

Injury Management

The Club will:

- Encourage any athlete who has an illness or serious injury to seek a medical clearance before returning to training or competition.
- Ensure that any injuries during the games or training sessions are recorded on an Injury Reporting form which is then handed to the Club Secretary who will take any necessary action.

Strategies

The Club will:

- Ensure that there is adequate public liability and player insurance.
- Promote Sport Safe strategies through posters, newsletters or brochures.
- Promote Sports Medicine Australia's policies and guidelines on:
 - Warm up / Stretch / Cool down
 - Blood / infectious diseases
 - Pregnancy and sports participation
 - Dehydration / fluid replacement
 - Hot weather
 - Administering medications.
- Appoint a Sport Safety Coordinator position on the Committee.
- Ensure that sport safety is a regular agenda item at our Club Committee meetings.
- Review at least annually the policies of the club in regards to Sports Safety and Injury Management.
- Allocate resources for developing, promoting and implementing sport safety initiatives.

5. Healthy Food Choices

North Murray Diamond Sports Association recognises the importance of good nutrition for sport's performance. We work to encourage this within our club and amongst our members by:

- Providing information on good nutrition and sports performance in newsletters or on request to the Club Secretary.
- Ensuring that when food is provided, healthy alternatives are also available eg. fresh fruit in season, health bars.
- The Club ensures there are safe food handling and preparation practices for all people involved in handling and serving food.
- Only staff over 14 years are permitted to work in the canteen according to Occupational and Safety Guidelines

6. General

All players, members and volunteers are required to enforce and follow the Healthy Club and Sport Safe Policy.

Adult players, coaches, umpires, officials and parents are expected to set appropriate examples and act as role models for junior club members. They all have a responsibility to make themselves aware of their roles and responsibilities.

The club will make information available to club members and families to promote healthy lifestyles.

A copy of the Healthy Club and Sport Safe Policy is to be made available to all new members on registering and they will be encouraged to comply with the policy. Copies of the policy will be made available in the canteen for any existing member who wishes to have a copy. Whenever any updates have been made to the policy, all members will be given a new copy for their information at an appropriate time as determined by the committee.

Breaches of the policy will be addressed through the club's Committee. Anyone wishing to discuss any aspect of this policy is invited to contact either the Sport Safety Coordinator or the Club President.

President, North Murray Diamond Sports Association Inc.

