



Health & Safety Policy

POLICY STATEMENT

Crewe & Nantwich Korfball Club [CaNKorf] intends to ensure, as far as is reasonably practicable, that adequate measures are taken, on a proactive basis, to reduce to a minimum the risk of injury to players and spectators from Korfball activities within the United Kingdom.

ACTION

CaNKorf will implement the Health and Safety Policy, issue instructions and offer advice, as appropriate, to all those associated with CaNKorf. Everyone has a health and safety responsibility and this shared responsibility reduces the burden upon any one person or organisation to an acceptable level. For the Health and Safety of all participants, a representative of the club, for example the coach, might require a player to cease activity and in these cases the player will follow this instruction or may be subjected to disciplinary investigation for failure to follow instruction.

REVIEW

The Health and Safety Policy will be reviewed at the end of the season and any changes considered to be necessary will be introduced before the commencement of the following season.

Coaching

All those taking coaching sessions are at least EKA Level 1 standard (or equivalent) or will be supervised by someone of appropriate standard.

Young Players

All adults playing an active role in the coaching and managing of young players (Under 18 years, or Under 21 for Vulnerable Adults) are Disclosure and Barring Service [DBS] checked and that such checks are renewed upon the expiry of the existing check. A complete record of DBS checks must be maintained by CaNKorf.

Facilities

Prior to commencing training sessions or matches, a common-sense check of the pitch/facilities to ensure that it is safe for play and:

- i. inspection duties specifically delegated to responsible persons
- ii. set aside sufficient time before starting activity to allow for a proper inspection of the facilities
- iii. not allow players, and particularly enthusiastic young players, to start practising on a pitch before it is considered to be safe to do so by the coach or person in charge.

Players' Attire

Players must be instructed to remove fashion items (such as earrings, bracelets and jewellery, or to tape them up or, in the case of religious or medical bracelets, cover them with a

sweatband if they cannot be removed. It is recommended all rings be removed however, in the case of wedding bands, these may remain on if they are of 'plain' type with no protrusions - tape may be used. In the case of piercings, it is recommended to remove all piercings however those under clothes are the players' responsibility if they wish to keep them in place. Anyone refusing to do so must not be allowed to take part in the activity until this has been done. For both training sessions and matches, the coach or person in charge must take the necessary action. In the case of wearable fitness trackers, for example 'fitbits' and other smart watches, they are to be treated as bracelets: ideally removed or covered, it may be practical to wear around the ankle under a sock.

Appropriate sports clothing is encouraged to be worn: for example tight clothing and jeans are not appropriate to wear to participate in physical activity. For matches, players must wear matching shirts carrying a playing number on the back that is unique within the team

Glasses/Spectacles

Players must ensure their glasses/spectacles are securely fitted during practice and matches. In the case of contact lenses, it may be advisable to carry contact lens fluid in case of the need for readjustment during a match.

Footwear

Players, coaches, managers and persons' responsible must ensure that a player's footwear is suitable for the playing surface and conditions, and fastened securely. For indoor playing, non-marking soles are often required. For outdoor/grass/3G style surfaces, studs or blades (football or hockey shoes) may be preferred.

Chewing Gum and Eating Sweets

A player must not have any items in his or her mouth. Anyone refusing to remove such items must be not allowed to take part in the activity until they do so.

Fingernails

All fingernails must be kept short (i.e. not visible when looking at them from the palm-side of the hand) and players must not be allowed to play whilst wearing sculptured fingernails. Players not adhering to this instruction must not be allowed to take part in the activity until they have cut/filed their nails to an appropriate length.

Long hair

Long hair must be tied back in such a way as to not cause a risk of injury.

Medical Conditions

A player must have, or the parent or carer must ensure, that the player has the appropriate medications to hand (e.g. inhalers for asthma sufferers). CaNKorf expects all players to have completed the appropriate registration form which includes a section for medical conditions for the club to be aware of.

Medical Attention

Adequate first aid facilities must be to hand at all times during matches and practice. If an injury is anything other than superficial, the player should be taken to hospital, or an ambulance called for potentially more serious injuries. For the less serious injuries, the injured player should be removed from the pitch within two minutes, unless this could worsen the injury, and treatment should be administered off the pitch as to apply, for example, water or an ice-pack on the pitch could make the floor slippery and risk further subsequent injuries.

CaNKorf will have at least one designed first-aider and each team will have its own first-aid kit. If blood is spilled onto a player's playing clothing, the item of clothing must be changed.

Should a player be assessed by a coach, or responsible person, as being unfit to continue in activity, that player must cease activity. If the player themselves wishes to continue, they must accept that the club has their best interests, and theirs and others' health and safety as a priority.

Players under the influence of Alcohol, Illegal Drugs or other Banned Substances

A player must not be allowed to take part in a training session or a match if he or she is considered to be under the influence of alcohol, illegal drugs or other banned substances.

Smoking

The club operates a non-smoking policy and it is currently illegal to smoke in any indoor facilities within the United Kingdom. Anyone wishing to smoke must do so in a legal way (e.g. make use of a smoking shelter) and must dispose of any litter responsibly.

Equipment

Prior to a match or training session:

- make sure the bases are stable;
- make sure the korfs/baskets are securely fixed to the posts;
- make sure the balls are in good condition;
- make sure that the posts and bases are only lifted and carried by adults;
- encourage those handling the equipment to bend their knees when lifting and putting down any items;
- make sure that at least two adults are present when handling these items;
- and make sure those not actually carrying these items are kept well clear of those that are.

Drinks

Only bring plastic bottles to training sessions and matches and keep them well away from the playing surface at all times. In the case of any spillages, these must be dealt with immediately to prevent any risk of slips and falls.

Prior Notification of Arrangements

England Korfball's Health and Safety Policy must be drawn to the attention of all players, coaches, responsible persons and other involved adults. All members must adhere to the Policy.