

Health and Safety Policy

Date Approved: January 2016

Date for Review: January 2018

Policy Statement

The Cambridge University Korfball Team (CUKC) 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.

Action

The CUKC will implement the Health and Safety Policy, issue instructions and offer advice, as appropriate, to all those associated with the clubs Korfball matches and training. Everyone has a health and safety responsibility and this shared responsibility reduces the burden upon any one person to an acceptable level. However, to ensure consistent application of the Health and Safety policy, the secretary will be responsible for ensuring health and safety policy is applied (as detailed in the club constitution).

Review

The Health and Safety policy will be reviewed every 2 years and changes considered to be necessary will be introduced immediately after the new policy document has been approved. If an incident occurs which necessitates new policy, then the policy document will be reviewed at the earliest opportunity. The responsibility for keeping the policy document up to date will fall to the secretary of the club.

1. Coaching

The CUKC will ensure that all coaches will be a of minimum England Korfball Association (EKA) Level 1 standard.

2. Facilities

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

- (i) specifically delegate the inspection duties to responsible persons.
- (ii) set aside sufficient time before starting an activity to allow for a proper inspection of the facilities.
- (iii) not allow players to start practicing on a pitch before it is considered safe to do so by the coach or manager.

3. Players' Attire

Players must be instructed to remove fashion items (such as earrings, bracelets and jewelry), or to tape them up or, in the case of religious or medical bracelets, cover them with a sweat band if they cannot be removed. 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 manager must take the necessary action.

4. Glasses/Spectacles

Players must ensure their glasses/spectacles are securely fitted during practice and matches.

5. Foot wear

Players, coaches and managers must ensure that a player's footwear is suitable for the playing surface and conditions, and fastened securely.

6. Chewing Gum and Eating Sweets

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

7. Fingernails

All fingernails must be kept short (ie 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.

8. Long Hair

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

9. Medical Conditions

A player must have the appropriate medications to hand (eg inhalers for asthma sufferers).

10. Medical Attention

Clubs must ensure that there are adequate first aid facilities 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 more slippery and risk further subsequent injuries. The club will generally be playing in sports facilities where qualified first aid kits and first aiders will be on hand. If blood is spilt onto a player's playing clothing, the item of clothing must be changed.

11. 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.



12. 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.

13. Drinks

Only bring plastic bottles to training sessions and matches and keep them well away from the playing surface at all times.

14. Prior Notification of Arrangements

The CUK will draw to the attention of all players, coaches, managers and other involved adults and require them to adhere to the Policy. New committee members should be made aware of their responsibilities for health and safety by their predecessor in either a handover document or meeting.

