

WSDCC

Health and Safety Policy

WSDCC-POL-018:2022

Background

The Western Suburbs District Cricket Club (WSDCC) recognises its responsibility to provide a safe and healthy environment for all people associated with the clubs activities. In doing so, WSDCC will take a positive role in educating and increasing the awareness of members, patrons, visitors, workers and persons attending the site for authorised activities towards injury prevention and management and relevant health issues.

Guiding principles

- Health and Safety is everyone's responsibility.
- The Australian Sports Commission defines a safe and healthy workplace as one that ensures workers and visitors are not exposed to avoidable physical or psychological safety hazards.
- WSDCC will look to eliminate all physical and psychological safety hazards or, where elimination is not reasonably practicable, reduce risks to health and safety so far as is reasonably practicable.

1.0 General

The provision of safe environments is essential for all participants in club activities. It is therefore necessary that those conducting the activities:

- 1.1 Recognise the physical and emotional differences between participants.
- 1.2 Are sensitive to the long and short-term medical conditions of participants.
- 1.3 Insist that cricket facilities and equipment are appropriate and safe.
- 1.4 Insist that participants wear the appropriate protective equipment.
- 1.5 Create quality-learning environments by encouraging accreditation for coaches.
- 1.6 Encourage coaches and parents to learn and maintain current first aid qualifications.
- 1,7 Manage and make aware persons attending the club on official business of the Clubs requirements and expectations with respect to health and safety.



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2. Considerations and Management

Physiological Considerations

Managing matters such as Body Temperature Regulation.

Fluid Intake

People do not instinctively drink enough fluids to replace the amount generally lost during physical activity. A regular pattern of fluid intake should be encouraged as part of all practise and playing activities..

Stress

People experience stress in sport activities as a consequence of parent, coach and officials' attitudes and expectations. Adults should not impose unrealistic goals on young participants, but instead offer support and encouragement.

Refer also to the WSDCC Codes of Conduct

Drugs and Sport

The use of drugs does affect sporting performance, general health and wellbeing. Education about the use/misuse of drugs should be made available to young people in order to develop appropriate attitudes and an understanding of the issues.

Nutrition

The nutritional needs of cricket participants are affected by their level of activity, and correlates to player performance.

Sun Exposure

Club Officials recognise the need for sun protection and offer shaded areas at venues and events for both players and spectators. Participants are encouraged to wear protective clothing, appropriate headwear and apply a minimum 15+ sunscreen on exposed skin. Juniors must wear wide brim hats during games.

Medical Consideration



Some people have medical conditions that may be affected by their participation in cricket. Coaches and officials need to be made aware, and be sensitive to the participants with long term 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.

Facilities and Equipment

Coaches and officials of the WSDCC should:

- Maintain safe facilities and equipment.
- Adequately supervise participants during training and matches.
- Ensure that protective equipment is available for use during training and matches.
- Insist that protective equipment is fitted correctly.
- Cancel training, practise sessions and competitive matches where there is evidence of unsafe playing conditions.

3. Person Conducting a Business or Undertaking

A person conducting/ undertaking' business or work as a contractor on site has a primary duty of care under the WHS Act to ensure the health and safety of workers and other persons at the workplace. They must also ensure, so far as is reasonably practicable:

- a) The provision and maintenance of a working environment that is safe and without risks to health, including safe access to and exit from the workplace
- b) The provision and maintenance of plant, structure and systems of work that are safe and do not pose health risks (for example providing effective guards on machines and regulating the pace and frequency of work)
- c) The safe use, handling, storage and transport of plant, structure and substances (for example toxic chemicals, dusts and fibres)
- d) The provision of adequate facilities and services for the physical and psychological welfare of workers at work (for example access to washrooms, lockers and dining areas)
- e) The provision of information, instruction, training or supervision to workers needed for them to work without risks to their health and safety and that of others around them
- f) That the health of workers and the conditions of the workplace are monitored to prevent injury or illness arising out of the conduct of the business or undertaking, and
- g) The maintenance of any accommodation owned or under their management and control to ensure the health and safety of workers occupying the premises.

4. Food Safety Policy

Refer WSDCC Policy 12



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