



## TIGERSTIX HEALTHY & SAFE SPORT POLICY

Labrador Tigerstix is aware of the importance of providing a healthy and safe playing and spectating environment for all members and guests. All members will have access to this policy via the Club website and copies held in the clubhouse. All members are responsible for observing this policy.

General health & safety recommendations are reprinted below. We also have policies relating to Drugs in Sport; Smoke Free Environment; Responsible Alcohol Consumption; Blood & Infectious Diseases; Sun Safety; Participating while Pregnant; Hot Weather Guidelines.

### GENERAL

1. Club uniforms are designed appropriately for safe participation and must be worn at all games. Tigerstix Cubs and Rookies participants are exempt.
2. Suitable sports shoes must be worn at all times at training and games. Leather upper shoes afford greatest protection from possible impact injury.
3. Wearing of shin guards is very strongly recommended at all skills training sessions and games.
4. Wearing of mouth guards is very strongly recommended at all skills training sessions and games.
5. Participants are required to provide their own full water bottle at all training sessions and games for fluid replacement before, during and after these activities. Coaches will insist on appropriate fluid replacement at all training sessions and games. Sharing of water bottles must not be allowed.
6. The Club and its coaches promote appropriate warm up and stretching before as well as cool down activities after all training sessions and games.
7. Goalkeepers must wear (and be provided with) hockey approved helmet, kickers, leg guards, abdominal & pelvic protector and hand protectors during all skills training sessions and games as a minimum personal protection requirement.
8. Senior players and junior player's parents are to advise their coach and manager at their earliest convenience of any medical condition or medical history that may affect their participation along with appropriate first aid requirements that may need to be administered.
9. Participants recovering from illness or injury are encouraged not to return to playing until fully recovered.
10. Any participant suffering concussion or a head injury is not to return to training or playing until cleared to do so by a doctor.
11. Hockey Queensland limited player insurance is incorporated into membership fees. Adequate public liability insurance is in place.
12. Playing surfaces, structures and surrounds will be adequately maintained to provide a safe playing and spectating environment.
13. Ice and a first aid kit are available at the clubhouse at all times for the administration of basic first aid.
14. Change rooms and toilets will be kept clean, hygienic and well maintained.
15. Appropriate Codes of Conduct for senior and junior players, coaches and parents are issued to all members. They are encouraged to act as safe sport role models at all times.

### SMOKING

Smoking is banned at under 18 sporting events and within 10 metres of viewing and playing areas at matches and training. Please be aware of these regulations and abide by all Non Smoking signage in the hockey precinct and **only smoke in designated smoking areas.** Your respect for this important health policy is appreciated.