**Health and Safety Policy**

The health and safety of players, coaches, umpires and spectators is of paramount importance and Otley Netball Club aims to ensure safety at all training and match events. Netball is a physically demanding sport where accidents and injuries can occur. All individuals participate at their own risk and no liability will be accepted by Otley Netball Club for any injury sustained as a result of any event organised by the club. In order to minimise the risk of adverse events and promote the health and safety of participants, the following measures are in place:

- All training sessions and matches organised by Otley Netball Club are led by qualified coaches and all activities risk assessed prior to commencement.

- All members are given an appropriate level of training and competition based on regular assessment of individual ability, age and development.

- Training sessions and matches are led by members with First Aid qualification and appropriate First Aid Kits are available.

- Members under the age of 16 are supervised at all times. - Unsafe behaviour by any individual taking part in any event organised by the club will be stopped and any member causing undue risk of harm to themselves or others may be prevented from participating in future events.

- Equipment and materials owned by Otley Netball Club will be used, stored and transported in a safe manner.

- A member of the club is nominated to be the Health and Safety Officer for the club each year at the AGM and their responsibility is to assist with and promote health and safety.

- Accidents and injuries are reported, and these reports are reviewed regularly by the club Health and Safety Officer. Any identified possible areas or concern or improvement are actioned.

- Any concerns related to Health and Safety raised by club members are considered by the Otley Netball Club Committee and appropriate action taken.

- Health and Safety is an agenda item at all formal committee meetings.

All members of Otley Netball Club are expected to comply with the following when participating at every training or match event:

- Take personal responsibility for their own health and safety.

- Act in a safe and responsible way towards their fellow club members and ensure they engage in all activities in a way which does not put themselves or others at undue risk.

- Wear the correct clothing and shoes to undertake matches and training. This includes short nails, no or covered piercings, no hooded clothes and tied back hair.

- Warm up at the beginning of every training session and match.

- Report any health and safety concerns at any event to the leading coach or umpire.

- Take opportunities to learn from adverse events and take appropriate action to prevent recurrences.

Participating During Pregnancy

Otley Netball Club align with guidance from England Netball regarding participation during pregnancy. The club welcome pregnant members to take part in as much activity as they are able, however, a pregnant member should only participate with approval from their midwife or doctor, and this should be reviewed regularly. Neither England Netball, nor Otley Netball Club, will be held liable should the expectant mother suffer any harm to themselves and/or unborn child as a result of participation in any activity organised by the club.