



Altona Hockey Club

INJURY PREVENTION POLICY OF THE ALTONA HOCKEY CLUB INC.

Registration No. A397

ABN 21 110 938 232

Updated 16th March 2007



Rationale

The Altona Hockey Club Inc., Sugargum Drive, Altona (or AHC) fully recognises it's responsibilities in the prevention and management of injuries. The success of our sides and the general enjoyment of sport for our players can be partially attributed to this Injury Prevention Policy.

The most serious hockey injuries stem from being hit by the ball or stick. The more common include open wounds, fractures, sprains and strains. Although head, eye and dental injuries are uncommon, they tend to be more severe and with dental, most probably irreversible.

Injuries are not an inevitable part of participation and much can be done to prevent them. With this in mind, this policy has been developed by the AHC to limit the number of injuries and to document clearly the Club's injury management program so as to make hockey a safer sport. This policy acknowledges the Sports Medicine Australia (Victorian Branch) SMARTPLAY program as providing an appropriate framework for AHC.

The AHC acknowledges its leadership role in the sport of Hockey and aims to be a good role model for affiliated clubs. The move to Injury Prevention and Management complements the club's desire to create a safer family and community environment. The AHC believes that such an environment and image will be advantageous in attracting new members and positively promoting our sport and the club to the community.

Who is affected by this Policy

The policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the Altona Hockey Club Inc.

Timing

This policy is effective from **16th March 2007**.

Junior Sport

The AHC's guidelines on the participation of children in sport is based on the Children in Sport Guidelines produced by Sports Medicine Australia (SMA) and the Australian Sports Commission (ASC). The Club will make available a copy of these guidelines for members and they will be refreshed annually. The physical characteristics of the junior participant will be matched as closely as possible to the demands of the position they are being selected to play in.



Alcohol Usage

The AHC strongly discourages the consumption of alcohol before, during and immediately after participation. In the interests of the health, comfort and safety of all our patrons, the AHC actively encourages a responsible service and consumption of alcohol environment under the auspicious and control of an active Responsible Alcohol Policy.

Smoke Free

For the health and safety of our participants and patrons designated areas and facilities are smoke free and this is managed via the Club's up-to-date Smoke Free Policy.

Asthma Management

AHC recognises the high incidents of asthma within the community and always surveys the condition on Club annual registration forms. With 1 in 4 children and 1 in 10 adults from the general community being asthma sufferers, AHC understands the importance of being equipped to deal with the condition. Educational sessions facilitated by highly qualified asthma presenters will be held at least annually for the benefit of managers, coaches and interested members. Coaches and team managers are aware of the junior players with asthma via a section of the member registration form and encourages these individuals to have up to date asthma management plans and to have appropriate medication readily at hand.

Sports First Aid

First aid and immediate injury management are important in the prevention and treatment of injuries at the time they occur. The Club will, where possible, have suitably qualified first aiders present at all games and training sessions. The Club will encourage that qualifications are up to date at the start of each season. Each team will be assigned a first aid bag containing sufficient and varied material required to treat the most frequent of hockey injuries. The contents list (Appendix A) will be reviewed annually by the AHC Treasurer and First Aid Coordinator. As material gets used, they are replaced via request to the AHC Treasurer or the First Aid Coordinator. AHC will at all times make available at training and games a fully equipped medical first aid supply. Ice will also be available at the AHC. Emergency telephone numbers of local hospitals, the ambulance service and other key numbers will be clearly visible at each and every phone within the clubhouse and notice boards.

Physical Preparation

Participants of all ages and all skill levels are warmly welcomed to the club and will be instructed in the correct warm up, stretching and cool down methods for hockey and these will be used both at training and at matches. To assist with this education, all players will have access to SMARTPLAY Warm Up resources. Training in the skills of hockey will be provided at all training sessions and be delivered so as to incorporate information on injury prevention.



Coaches and Officials

All coaches and umpires are encouraged to be accredited to at least the minimum level; yet not be limited to this level. It is the responsibility of the coaches and umpires to ensure their accreditation is kept current and consistent to their desired levels. Coaches, officials and supervisors will conduct themselves as positive role models by following the AHC code of conduct and other relevant club policies.

Sporting Equipment

Correct equipment is fundamental, whatever the sport being played. With the correct use, care and maintenance the AHC will ensure we get the maximum protection and benefit from these resources; always replacing damaged or inappropriate equipment. Only equipment that conforms to the regulations of hockey will be used for training and competition and will be checked bi-annually by the Equipment Coordinator and be maintained within manufacturer's recommendations. AHC promotes the use of protective equipment as required and suitable for hockey and that they conform to recommended safety or industry guidelines. The wearing of mouth guards and shin guards are strongly recommended for protection. Goal keepers are required to be fitted with specific goal keeping equipment consistent with the level of play. The AHC will provide appropriate goal keeping equipment for use by junior players.

Playing Environment and Facilities

As is the case for the workplace, the AHC has a responsibility to ensure the environment in which our sport takes place is as safe as possible. The controlling body of hockey in Victoria inspects the playing surface annually as being suitable for use. Any debris or items will be removed prior to the commencement of any activity. Lighting will be bright and regularly maintained in all areas. Goal post structures will be adequately padded. Change rooms, including shower and toilet facilities will be cleaned regularly. The club's Sun Smart Policy will be strictly adhered to and frequently communicated.

Insurance

The AHC will give consideration to reasonable and appropriate insurance as part of the club's insurance program. Any insurance policy will compliment our sport safety plan and will not replace it. The AHC will annually review insurance policies to ensure adequate and appropriate cover is in place.

Policy Review

The policy will be reviewed at on an annual basis thereafter. This will ensure that the policy remains current and practical.

Dated: 16th March 2007

Reviewed: Policy to be reviewed annually

For and on Behalf of its Members.
The Altona Hockey Club Inc. Board

Appendix A – AHC First Aid Kit Contents

Registration No.: A397 _____

ABN: 21 110 938 232

Injury Prevention Policy

Date: 16/03/2007

Page 4 of 5



Saline
Gauze
Latex gloves
Band-aids
Non-adhesive and adhesive dressing – various sizes
Scissors
Adhesive tape
Bandages – various types
Triangular bandages
Cold Pack
(Spare whistle)