



HEALTHY CLUB POLICY FOR

Aranmore Jets Netball Club (Inc)

SportSafe Policy

The safety of all our athletes is of primary concern.

Aranmore Jets Netball Club (Inc) will actively seek to promote, encourage and support SportSafe strategies for all training and competition sessions.

Where possible Aranmore Jets Netball Club (Inc) will:

- Allocate resources for developing, promoting and implementing sports safety initiatives, for example injury prevention/first aid training for members.
- Allocate responsibility for sports safety to a committee member.
- Advise all athletes about SportSafe Policy at registration and encourage them to comply.
- Promote SportSafe strategies through the club communications.
- Ensure that accredited sports trainers and first aiders are present at all games and training sessions.
- Encourage all members to wear suitable clothing and footwear at all times.
- Include warm up, stretching and cool down activities for all training and competition sessions.
- Advise athletes to replace fluids before, during and after training and competition sessions and to have their own water bottle.
- Encourage any athlete who has an illness or serious injury to seek medical clearance before returning to training and competition.

Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members. The club will make information available to club members and families to promote healthy lifestyles. Breaches of the policy will be addressed through the Club Committee. Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

Thank you for your co-operation.

Elaine Lucas

President, Aranmore Jets Netball Club (Inc)

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