

# HEALTH & SAFETY POLICY

## ADOPTED 20<sup>TH</sup> AUGUST 2003

### SUNSMART POLICY

#### THE FACTS

- Australia has the highest rate of skin cancer in the world.
- Skin cancer is the most common cancer in Australia. Currently two out of three Australians develop some form of skin cancer during their lifetime.
- Each year more than 1,000 Australians will die from skin cancer.
- Being burnt as few as six times can more than double your risk of developing melanoma during your lifetime.
- Exposure during the early and teenage years of life is believed to be the
  - most important period in determining whether you will experience skin cancer during your lifetime.

**The good news is that skin cancer is a preventable form of cancer.**

#### SHADE

At VWCA outdoor events, the use of natural shade provided from buildings, trees and other structures will be maximised. The VWCA will also encourage all affiliated clubs and associations to maximise natural shade at their playing venues.

Where natural shade does not exist at VWCA outdoor events, the VWCA will endeavour to provide portable shade structures for use by players, officials and spectators. The VWCA will also encourage affiliated clubs and associations to provide portable shade structures in the event where natural shade does not exist at their playing venues.

#### SUNSCREEN

The VWCA will make sunscreen available at VWCA outdoor events for players, officials and spectators to utilise. The VWCA will encourage affiliated clubs and associations to promote, provide or sell SPF 30+ .

Players, officials and spectators will be encouraged to apply sunscreen to exposed body parts and to reapply every two hours. The VWCA will encourage affiliated clubs and associations to promote the application and re-application of sunscreen to their players and participants.

#### CLOTHING

The VWCA will encourage affiliated clubs and associations to promote or supply participants with sun protective clothing as part of their training/playing uniform. This will include:

- Shirts/playing tops with long sleeves and a collar
- Wide brimmed or legionnaires hats
- Sunglasses for eye protection.
- Long playing pants

#### ROLE MODELS

VWCA Club Ambassadors, Board Members and District Firsts clubs and players will endeavour to be role models, demonstrating sun protective behaviour.

#### EDUCATION

The VWCA will provide affiliated clubs and associations with information regarding skin cancer issues. The VWCA will encourage affiliated clubs and associations to promote this information to their members.

The VWCA will use Club Ambassadors, event programmes, newsletters, VWCA website, fixture handbooks and public announcements during events to maintain and increase awareness of skin cancer issues and prompt sun protective behaviour.

#### FIXTURES/SCHEDULING

Where possible the VWCA will schedule outdoor events and competitions outside of the hours of 11am and 3pm (daylight savings time). The VWCA will encourage affiliated clubs and associations to schedule outdoor events and training sessions outside these times wherever possible.

The VWCA will encourage affiliated clubs and associations to develop their own SunSmart Policy. The VWCA policy will be reviewed annually to ensure that the document remains current and practical and can be used as a basis for clubs to develop their own policies.

### HEALTHY CATERING POLICY

The VWCA recognises that healthy eating is a vital part of good health. The major causes of death in Australia - lifestyle diseases such as heart disease, stroke, certain cancers, non insulin dependent diabetes and obesity - are all associated with the food we eat, hence the need to cater healthy foods at VWCA events.

Healthy catering includes having less margarine, fatty, salty and sugary foods, and alcohol; moderately eating meat (preferably lean), poultry (preferably without skin), seafood, eggs, milk, cheese (preferably low fat/fat reduced); and mostly serving bread (preferably wholegrain), cereals, rice, pasta (preferably wholegrain), legumes (dried peas, beans, and lentils), fruit, vegetables and water.

The VWCA will promote the benefit of healthy catering and the role of food in relation to performance where possible in event programmes, newsletters, VWCA website and fixture handbooks and will ensure that a variety of healthy food choices are available at VWCA events for players, officials and spectators.

The VWCA will encourage affiliated clubs and associations to provide a variety of healthy catering choices to their players, officials and members at all club functions, and to develop their own healthy catering policies. All member clubs **MUST** provide a variety of healthy food choices at their home matches for their own players and opposition players.

The VWCA will review this policy annually.

## **SMOKEFREE POLICY**

### **THE FACTS**

- Smoking is the largest preventable cause of death and disease in Australia.
- Smoking causes around 18,000 deaths every year.
- About 30% of cancer deaths are caused by smoking.
- Passive smoking - inhaling environmental tobacco smoke (ETS) - is associated with a number of serious illnesses.
- There is no known safe level of smoking.

The VWCA recognises that passive smoking is hazardous to health and that non-smokers should be protected from tobacco smoke.

The VWCA will encourage affiliated clubs and associations to provide smokefree surroundings for their own players as well as opposition players. The VWCA will encourage affiliated clubs and associations to develop their own smokefree policy and to adopt smokefree areas and behaviours (especially in indoor and confined areas).

The VWCA policy requires:

- VWCA events, social functions and meetings to be smokefree
- VWCA officials, volunteers and Club Ambassadors to refrain from smoking whilst acting in an official capacity
- Effects of smoking on performance to be promoted where possible in VWCA publications, including newsletters and VWCA website
- All areas where food is served will be smokefree in accordance with Victorian legislation.

Non-compliance with this policy will result in consideration of an appropriate course of action being undertaken by the VWCA Board. Anyone wishing to discuss any aspect of this policy is invited to contact the VWCA Board.

This policy on smoking will be reviewed on an annual basis to ensure it remains current and practical.

## **RESPONSIBLE ALCOHOL MANAGEMENT POLICY**

The VWCA supports and promotes responsible drinking practices. Responsible drinking means drinking alcohol in a way that does not harm the drinker or others.

Many cricketers enjoy a social drink after the game and spectators may drink during a game. However, when misused, alcohol causes harm to the drinker and to others and may result in the following:

- Drink driving
- Ill-health
- Violence
- Injuries to others and bystanders
- Dehydration

VWCA events will adopt the following practices and the VWCA will encourage and promote these practices to affiliated clubs and associations.

### **SERVING**

Responsible serving means ensuring the moderate consumption of alcohol in a safe and comfortable environment.

Alcohol will be served according to the liquor licensing requirements. Serving personnel will discourage any activity that promotes excessive or rapid consumption of alcohol and will serve alcoholic drinks in standard drink measures.

### **UNDERAGE DRINKING**

Research has shown that sporting clubs and events are often venues for heavy drinking and underage drinking. Alcohol will not be served to minors (people under 18). Serving staff will request proof of age where appropriate and will only accept photo identification as appropriate identification.

### **INTOXICATED PERSONS**

Alcohol will not be sold to any patron who is intoxicated. Serving staff will follow procedures for dealing with, and refusing alcohol, to intoxicated patrons and will ask these patrons to leave the club premises. Staff will arrange safe transport options.

### **FOOD**

Clubs will actively promote and sell food when alcohol is available. Food will not make people less drunk, but it will slow down the effects of alcohol. Healthy food options will be available when alcohol is served.

## TRANSPORT

Taxi phone numbers will be prominently displayed. Club members will encourage patrons who have been drinking to take alternative transport home.

## PROMOTION

Low alcohol and non-alcoholic drinks will be priced competitively to full strength alcohol drinks. Water will be available at all VWCA functions at no cost. Responsible drinking practices will be regularly promoted to all members, patrons and spectators.

This policy will be reviewed annually to ensure that it is current and relevant to the needs of the VWCA and affiliated clubs and associations.

## SMARTPLAY (SPORTS SAFETY) POLICY

### PROTECTIVE EQUIPMENT

The VWCA recommends that all players wear proper cricket and protective gear during all training sessions and matches. This will include the wearing of batting pads, batting gloves, thigh pad, helmets and mouthguards (where faceguards are not provided). It is important to regularly check and maintain protective equipment, to use new equipment prior to competition and to ensure that equipment is specific and appropriate for the size and age of the cricketer.

Helmets - Proper fitting is essential for maximum safety. An improperly fitted helmet may not adequately dissipate the force of the impact and in some cases either fall or be pulled off, affording no protection at all. A good helmet has a face grille, fits comfortably, protects the back of the head and temples, is light and well ventilated, hygienic and can withstand the impact of a cricket ball without splitting or breaking. Only Cricket Helmets displaying the Australian Standards Approval should be worn.

**The VWCA encourages all players to wear helmets when batting during matches and at trainings. It is compulsory for all players under the age of 19 (at 1<sup>st</sup> September in the current season) to wear a cricket helmet with a faceguard when batting, fielding in-close (defined as closer than 10 metres to the stumps except slips, gully and wicketkeeper), or when wicketkeeping up to the stumps, during VWCA competition matches.**

Mouthguards - Dental injuries are the most common type of facial injury sustained during participation in contact sports and the severity of such injuries can be reduced with proper mouthguards. For a mouthguard to have maximum effectiveness, it should be individually fitted. Mouthguards should allow normal breathing and speech, fit the mouth accurately, stay in place comfortably and be made of appropriate material which is non-toxic with measured thickness and coverage. A comfortable, secure mouthguard, fitted to the jaw, can prevent major damage to teeth and gum structure as well as laceration by teeth to tongue, lips and cheeks.

**The VWCA encourages all players to wear mouthguards when wicketkeeping and whilst batting.**

Footwear - Correct footwear will help prevent injury and fatigue. Care should be taken by coaches and team officials to ensure that players are wearing footwear that is appropriate not just for the wearer's feet but for the playing surface used. The shoe needs to fit properly, give plenty of support and be a recognised cricket shoe (ie with spikes or nipples on the soles). It is recommended players wear spikes when batting or bowling on turf surfaces.

### INJURY PREVENTION

Injuries are often preventable. Proper preparation may reduce the incidence and severity of many injuries that occur on the field. This highlights the need for participants to prepare adequately for training and competition.

Warm-Up - A warm-up consisting of light activity that produces slight sweat, slow muscle stretching with no bouncing and light running and skill drills should be carried out prior to both training and competition.

Cool-Down - Light exercises and stretching should be carried out at the completion of training and competition. This gives the body time to return to a resting state, while maintaining muscle flexibility.

Fluid Replacement - Fluid lost through perspiration must be replaced during and after exercise. It is also important to drink the day prior to exercise.

**The VWCA recommends that participants drink water and/or sports drinks prior to matches, at all drinks breaks and afternoon tea breaks, and after the completion of a day's play.**

The VWCA will encourage affiliated clubs and associations to keep injury records on all their players and to provide teams with adequately equipped first aid kits when at trainings and in competition.

The VWCA will ensure that adequate insurance is provided for all VWCA competitions and events. All VWCA affiliated clubs and associations must show proof of adequate insurance coverage prior to participating in VWCA competitions.

The VWCA will encourage affiliated clubs and associations to undertake the following:

- Ensure each team has a fully equipped first aid kit
- Ensure there is a phone on or near their facility
- Ensure there is unrestricted ambulance access to their facility
- Ensure that practice facilities are of an acceptable standard. This includes even run ups, and protective nets that are in good condition (ie no holes)
- A yearly review/audit of safety procedures

## HEAT/HOT WEATHER POLICY

Exercise in the heat creates competitive demands on the cardiovascular system which is required to increase the blood supply to the exercising muscles. At the same time it must regulate body temperature by increasing skin blood flow in order to produce the sweat that keeps the body cool.

High intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to:

- Dehydration
- Heat exhaustion
- Heat stroke

It is important to be aware and react quickly to the following symptoms of heat injury or heat stroke:

- Fatigue
- Nausea
- Headache
- Confusion
- Light-headedness.

The following emergency plan should be monitored if these symptoms are evident:

1. Lie the victim down
2. Loosen and remove excessive clothing and cool by fanning
3. Give cool water to drink if conscious
4. Apply wrapped ice packs to groins and armpits
5. SEEK MEDICAL ASSISTANCE

### **SUNSMART POLICY**

The VWCA Heat/Hot Weather Policy is to be used in conjunction with **the VWCA SunSmart Policy**.

### **HYDRATION**

Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke. Thirst is a very poor indicator of the body's requirement for fluid.

No recommendation on the volume of fluid to be consumed is provided above, due to the vast range of body composition, fitness and states of acclimatisation that is represented in cricket players. However, the VWCA will ensure that drinks are available at all VWCA events for players, officials, coaches and spectators.

**The VWCA recommends that participants drink water and/or sports drinks prior to matches, at all drinks breaks and afternoon tea breaks, and after the completion of a day's play.**

**In cases of extreme heat** the following will be encouraged at all VWCA events and club competition matches:

- Extra drinks breaks (30 – 60 minutes) to enable participants and umpires to rehydrate.
- Drinks should be available for individual players between drinks breaks. Umpires should be advised when additional drinks are sought and players should make every effort to ensure no time is wasted
- Drink bottles may be available with square leg umpires or stored underground on the field if a suitable facility exists (eg. Covered tap box)
- Umpires should give consideration to relaxing slow over rate penalties to allow for additional drinks breaks (which should be completed as soon as possible)

The VWCA will encourage all affiliated clubs and associations to undertake the following:

- All teams should encourage players to have their own drink bottles. This ensures that each player has access to an adequate level of replacement fluids and reduces the risk of contamination and viruses
- The home team must ensure water is available for re-hydration. However diluted cordial or sports drinks may be supplied
- Where cups and a large container are used, cups should not be dipped into the container. Used cups should be washed or disposed of after use. Do not share cups.

### **PLAYER REST AND ROTATION**

The VWCA will encourage all affiliated clubs and associations to undertake the following in cases of extreme heat:

- Wherever possible when extreme temperatures are forecast, surplus players should be selected in addition to the 12th man
- Consider rotating players on and off the field. Rest periods are particularly important for fast bowlers.
- Ensure players and officials seek shade when not on the field
- Team managers, coaches and captains should be vigilant and not pressure their players in any way regarding performances or endurance by limiting bowling spells and individual batting innings

### **JUNIOR EVENTS AND COMPETITIONS**

Junior players are more susceptible to heat injury. Affiliated clubs should be aware of junior players that also play in senior matches on the same day and consideration regarding their selection, bowling spells and individual batting innings should be given in conditions of extreme heat.

Where possible all VWCA junior events and competitions will be scheduled in the early morning or late afternoon/night to minimise the likelihood of unacceptable playing conditions.

All VWCA junior competitions and events will be cancelled once the temperature exceeds **34°C 90 MINUTES PRIOR TO THE SCHEDULED START OF PLAY** (eg. 4:00pm for 5:30pm start). However, the two opposing managers OR coaches have the

discretion to abandon play at any time if in their opinion it is in the best interest of the players. This must be agreed by both coaches or managers and is only applicable in cases of extreme heat.

The temperature will be determined by the radio bulletin on **ABC Local Radio 774 AM OR Bureau of Meteorology (BOM) website, <[www.bom.gov.au](http://www.bom.gov.au)>**. (If using the BOM website, the temperature will be determined by the Melbourne City observation) It is the responsibility of the home team to listen for the weather update on the news bulletin or log onto the BOM website for the latest update 90 minutes prior to the scheduled start of play (eg. 4:00pm news bulletin for 5:30pm start) and to inform the opposition team of the cancellation.

#### **OTHER CONSIDERATIONS**

On days where extreme heat is forecast, the VWCA will ensure there are qualified trainers and/or first aiders at VWCA events. The VWCA encourages affiliated clubs and associations to do likewise.

On days where the temperature is extremely hot at midday, opposing captains and umpires have the option of re-scheduling or abandoning the day's play. This must be agreed on by both teams and the VWCA "Adverse Weather" provisions in the VWCA Match Rules will apply.

The VWCA reserve the right to cancel all play when extreme temperatures are forecast. Teams will be notified of any cancellation in play via its website (<http://vwca.cricketvictoria.com.au>) at 4:00pm Wednesday for the Mid-Week Competitions and 4:00pm Friday for the weekend competitions. It is the responsibility of all teams to check the website for cancellation notices.

#### **EDUCATION**

The VWCA will provide information to club coaches regarding heat/hot weather issues and encourage the information to be passed onto the players. The VWCA will encourage affiliated clubs and associations to be aware of possible medical conditions that may predispose their athletes to heat illness so that they will be equipped to deal with any problems.