

SHEPPARTON BADMINTON ASSOCIATION INC

INJURY, HEALTH, AND SAFETY POLICY

POLICY NAME	Injury, Health, And Safety Policy
DATE OF ISSUE	July 1 2023
POLICY COVERAGE	This policy covers all SBA members and visiting players.
DATE OF REVIEW	Annually at the January General Meeting
CONTROLLING BODY	Shepparton Badminton Association Inc.

PURPOSE

The main objective of the Shepparton Badminton Associations Injury, Health, And Safety Policy (“policy”) is to prevent and manage injuries, as well as determine a return to play plan. To provide a safe and healthy sporting club environment for players, spectators, volunteers, coaches, and officials. This policy encourages everyone to take a role in accident / incident prevention.

POLICY STATEMENTS

Shepparton Badminton Association is committed to ensuring our sport is accessible to everyone and we take every opportunity to provide the highest level of service to all members and participants. Shepparton Badminton Association has a duty of care to protect the health, safety, and wellbeing of participants. When there is a risk of injury, Shepparton Badminton Association commits to acting in the best interest of all participants by implementing mitigation strategies. Shepparton Badminton Association is committed to keeping all people within the association, safe and to managing any accidents and /or incidents in a manner which minimizes harm to individuals and the organisation.

- The association will adhere to all safety related directives from its parent body and the Committee e.g., heat policies.
- Everyone involved with the association is encouraged to contribute to accident prevention by reporting potential risks or dangers on sighting.
- The association will only use accredited volunteers and Working with Children Checks are compulsory for all.
- The association aims to have first aid equipment and adequately trained volunteers available for competition and training.
- In the case of an accident occurring where there are no trained personnel present, club representatives will act on the side of caution and will seek medical assistance, or ambulance support.
- The committee will ensure that players utilise personal safety equipment and that general playing equipment is well maintained.
- Association officials will inspect playing surfaces to determine safety prior to play including the removal of any temporary hazards.

- Accidents, incidents and near misses occurring will be documented on an accident register including the actions undertaken by association personnel. This register will be kept by the Secretary and will be regularly viewed by the Committee to inform risk management strategies required.
- Shepparton Badminton Association promotes fair play in accordance with the rules of the sport and adheres to the state government's Victorian Code of Conduct for Community Sport 2010
- Shepparton Badminton Association is a smoke-free organisation and does not permit smoking on courts or in eyeshot of junior players. Smoking must only be conducted in a designated smoking area, which must be outside.
- Shepparton Badminton Association will regulate and promote responsible consumption of alcohol at the association by ensuring that only Responsible Serving of Alcohol (RSA) trained people operate the bar.
- Shepparton Badminton Association encourages all volunteers to adopt a health promotion approach to player welfare including adoption of good warm-up, hydration, and injury management practices.

COMMON CAUSES AND TYPES OF INJURIES

- Lower limb (ankle, knee, and thigh) injuries are most common and are caused by the sprinting, stopping, pivoting, and pounding nature of badminton. Lower limb injuries are acute (e.g., ankle sprain) or chronic (e.g., knee tendon pain).
- Upper limb (elbow, shoulder, wrist) injuries are usually caused by the high-velocity and repetitive arm movements required in badminton. These injuries tend to be overuse in nature (e.g., tennis elbow).
- Back injuries and pain are common due to the rotation required, and the combination of rotation, extension and lateral flexion involved.
- For more information of common types of sports injuries, please visit <https://sma.org.au/resources/injury-fact-sheets/>

FACTORS AFFECTING YOUR INJURY RISK

- Different court surfaces.
- Condition of shuttlecocks used.
- Type of racquet.
- Playing technique.
- Weather extremes.
- Inappropriate footwear.
- Poor physical conditioning.
- The amount and level of participation.
- Poor injury rehabilitation.

SAFETY TIPS

- Good preparation is important.
- Avoid playing with a pre-existing illness or injury. If in doubt, talk to a medical practitioner.

- Always warm up, stretch and cool down.
- Maintain an adequate fitness level. Undertake conditioning and training exercises specific to the physical demands of badminton.
- Seek instruction from a qualified coach to develop correct skills and techniques.
- Avoid over-repetition of any one type of shot. Practise a range of strokes including, serves, return of serves, overhead smashes and drop shots.
- Use a racquet suitable for your style of play and physical capabilities. Players, especially those with arm and shoulder injuries, should seek professional advice when selecting a racquet and choosing string tension.
- Use shuttlecocks appropriate for the level of play. Avoid using broken or damaged shuttles.
- Check and maintain the playing surface to ensure it is in good condition and free of hazards.
- Wear the right protective equipment.
- Seek professional advice on footwear.
- Players with a history of joint injury should seek professional advice about taping or bracing before play.
- Encourage children and beginners to participate in grassroots programs, to introduce new players to the game through modified equipment. This will help new players develop good skills and correct technique.
- Children should use equipment suitable to their age, size, and skill level.
- Eat a well-balanced diet.
- Drink water before, during and after play.
- Exercise caution when playing in extreme heat/humidity or wet/cold conditions.

IF AN INJURY OCCURS

- Stop playing if you experience an injury or illness.
- Injured players should seek prompt attention from qualified first aid personnel or a sports medicine professional.
- The Shepparton Badminton Association has first aid equipment available from the storage cabinet, on the left-hand side of the badminton office, in the Shepparton Sports Stadium.
- Further equipment, such as ice packs or a defibrillator, are available from the stadium management. Please contact the duty manager, available on site, typically in the front offices.
- Report the injury through our online injury reporting system in Revolutionise.
<https://portal.revolutionise.com.au/sheppartonba/injuries>
- Consent must be obtained for the storage of injury records. Please confirm with the injured persons if they except for their records to be stored.
- Report the injury to the stadium management and complete an incident or injury forum, if required by the duty manager.
- Injuries should be fully rehabilitated before returning to play.

PROCEDURES TO SUPPORT MEMBER SAFETY

- The Committee reviews policy statements prior to the commencement of the season and amends / develops where necessary.
- The Committee communicates policy contents to members through our website and social media, encouraging everyone to take a role in accident prevention.
- Collection of emergency contact details from members occurs at Registration.
- Development of a record of first aid representatives willing to support the association.
- Replenish first aid kits prior to season commencement and replace any items out of date.
- Determine who accidents and incidents should be reported to for the season, communicate the procedures and provide reporting forms to team officials.
- Safety briefing to be conducted at the commencement of the season for all Committee members, first aid representatives, team managers etc. Include information on how to report accidents / incidents.
- Check Working with Children Check status prior to the season commencement.
- Maintain the accident register.
- Evacuations, and Incident Management (fire, bomb threat, intruder) are the responsibility of the stadium management. All personnel should follow the direction of the duty supervisor, or stadium staff, during a critical event. Shepparton Badminton Association committee are to assist stadium staff, as per their instructions.
- Facilities Maintenance/Inspections are the responsibility of stadium. If any member notices that the venue is not suitable for play, please isolate this area and report it immediately to stadium staff.