Health and Safety Plan for

Outdoor Endorsed Activity

# SPORT: Netball

# ACTIVITY: Fitness and Non-Contact Skills

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## Purpose

This document sets out the requirements to ensure the health, safety and wellbeing of (add in name of club) Netball Club members (players, coaches, volunteers, parents). It is essential the information contained within this document is communicated to all parties and/or groups involved in the activity and that there is continual communication and transparency between the parties/groups.

## ActivityInformation

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| SPORT | Netball |
| ACTIVITY | Fitness, limited-contact Skills and modified game play – max of 15 participants, inc Coach but excl Covid Officer who must be present but not take part in activity |
| DATE |  |
| LOCATION |  |

Emergency Contacts

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| --- | --- | --- | --- |
| Title/Position | First Name | Surname | Phone No. |
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## Safety Induction

A safety induction will be delivered to all coaches, participants and where necessary parents/carers on arrival to the activity. All participants and parents/carers will be briefed prior to the activity to ensure they understand the activity and expectations to keep everyone safe. Normal consideration should be applied to the attire and jewellery policy within this induction.

## First Aid

During the activity, First Aid will be provided. It is the responsibility of (add name of responsible person) to complete an accident form for any incidents which may occur during the activity.

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|  | Worst Case Outcome | | | | |  | Likelihood | | | | |  | Risk Rating (Outcome X Likelihood) | | |  |
| 10 | 8 | 5 | 3 | 1 | 10 | 8 | 5 | 2 | 1 | High | Medium | Low |
| Fatality | Severe Injury | Lost time  Injury | Minor Injury | No  Injury | Certain | Very  likely | likely | Unlikely | Remote | 50-100 | 20-49 | 1-19 |

The above measures should be used to rate the risks linked to outdoor Netball activity in the specific environment the activity will take place in,it is expected that any activity will take place in a council, school, private etc maintained setting that is formally booked by the club.

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| What are the hazards? | Who might be harmed and how? | What are you already doing? | Outcome | Likelihood | Risk Rating | Action by whom? | Action by when? | Date  Done |

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| Coach misconduct or failure to follow Government Guidelines | Participants, coaches.  Risk of catching or spreading Covid-19. | * All Coaches briefed and understand the Government Guidelines and Netball NI directive for coaching outside. * Ratios of Coaches/ supervisory adults and participants meets the Netball NI Guidelines. 1 coach to 15 participants, with a Covid Officer excluded * 2m Social distancing will always continue to be the expectation. * Hand sanitiser will always be available. * Ensuring that there is no swapping between designated ‘small clusters. Once an activity group has been set up, they will remain in this group. This is to reduce the risk of spreading in the event of a participant or coach contracting COVID-19 * All participants and coaches should adhere to government rules on social distancing when travelling to and from the activity and should not come within the 2m social distancing range of anyone outside their household whilst travelling to and from the activity. |  |  |  |  |  |  |
| Participant misbehaviour,  Misconduct or failure to follow Government Guidelines | Participants and coaches.  Risk of catching or spreading Covid-19. | * The coach to netballer ratio follows Netball NI Guidelines – 1 coach to 15 players, with a Covid Officer additional * All participants and parents briefed on activity, parameters and Government Guidelines. * Individual risk assessments carried out by each club prior to activity (add in where these are kept and name of responsible person). * Social Distancing measures always in place * Hand sanitiser always available. |  |  |  |  |  |  |

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| What are the hazards? | Who might be harmed and how? | What are you already doing? | Outcome | Likelihood | Risk Rating | Action by whom? | Action by when? | Date  Done |
| Injury | Participants.  Netball activity, although managed, could lead to accidental injury. | * Up to date medical information obtained for all participants taking part in activity. Coach to be responsible for individual medical needs. * Suitable supervision to meet participant needs. * Written parental consent of medical administration if needed/required. * First Aid available at (add location) * First aiders to familiarise themselves with the symptoms of Covid-19. * First aid equipment to be checked and additional sanitizer to be made available. * First aiders to try and maintain social distancing measures, where treatment of an injured person doesn’t allow this, in an emergency, for example, a serious accident, people do not have to stay 2m apart if it would be unsafe to do so. * People involved in the provision of assistance to others should pay particular attention to sanitation measures immediately afterwards, including washing hands. * Only follow Netball NI guidance for endorsed activity, ensuring activity choices are made to minimise the injury and illness risk/NHS burden as a priority consideration. * Ensuring local emergency medical cover/assistance can be accessed in the event of a potential life or limb threatening injury requiring immediate extrication and urgent medical care or hospitalisation. |  |  |  |  |  |  |
| Safeguarding | Coaches and Participants. | * Ensure there are always 2 adults present in a supervisory capacity. 1 coach and 1 Covid Officer for an activity group of not more than 15 participants, including the coach. * These adults should always have sight of the activity. * The lead coach will be Access NI checked and have up to date Safeguarding training. * Plan in place to detail action taken, if coach or participants are approached by unknown members of the public. |  |  |  |  |  |  |

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| What are the hazards? | Who might be harmed and how? | What are you already doing? | Outcome | Likelihood | Risk Rating | Action by whom? | Action by when? | Date  Done |
| Slips, trips, and falls | Participants and  Coaches.  Injury through accident. | * Coach to complete visual inspection of activity area for potential hazards on the day of the activity. Hazards could include, but are not limited to: * Weather * Wet ground * Uneven ground * Glare from the sun * Lighting * High temperatures * Fallen branches * Litter and debris on ground * Animal excrement * Unknown substances * Dangerous discarded objects. * Hazards to be removed by Coach in preparation for the activity, if safe to do so. * If hazards are uncontrollable or unable to be removed, activity will be postponed or cancelled. * Other coaches/supervisory adults briefed on arrival of any hazards and establish any necessary rules about hazards. * Plan in place which details action to be taken by coach and participants if a hazard appears or begins during the activity. (add in where plan is kept and the name of the responsible person) Hazards could include, but are not limited to: * Changes in weather conditions * Fallen branches * Animal enters the activity area |  |  |  |  |  |  |

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| Water safety | Participants.  Drowning | * Where there is open water in outdoor spaces, coaches to set rules and ensure safety of participants. * Clearly communicate these to participants and where necessary, parents prior to activity and reinforce on arrival. |  |  |  |  |  |  |
| Road safety | Participants.  Injury through accident. | * If there is a road or car park nearby, coaches to set rules and ensure safety of participants. * Ensure all participants understand the area in which the activity will be taking place. * Clearly communicate these to participants and where necessary, parents prior to activity and reinforce on arrival. |  |  |  |  |  |  |
| Hydration | Participants, Coaches  Cross Contamination  De-hydration | * Participants to have their own source of hydration in a sealed bottle. * No sharing of water bottles will be allowed. |  |  |  |  |  |  |
| Sun damage | Participants and coaches.  Skin damage due to sun | * Participants and coach to wear sunscreen. * Sunscreen to be applied before activity commences with sufficient time to be active before session begins. |  |  |  |  |  |  |
| Clinically or Extremely Vulnerable participants | Death  Serious ill health  Infecting or transmitting the virus to others | * Participants or coaches deemed ‘clinically extremely vulnerable’ should continue to follow government advice. * Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should follow current government advice. |  |  |  |  |  |  |
| Use of equipment | Death  Serious ill health  Infecting or transmitting the virus to others | * No unsecured posts should be used. * Cleaning schedule of any equipment including but not limited to:   + Netballs   + Cones   + Bibs (must not be shared) * Clean as you go policy in place which all coaches and participants are made aware of in preparation for their activity. * Equipment cleaned after each activity session. |  |  |  |  |  |  |
| Returning to activity/coaching after isolation. | Death  Serious ill health  Infecting or transmitting the virus to others | * Coaches or participants who are returning to activity from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons should be medically assessed prior to return to ensure it is safe for them to return to physical activity. |  |  |  |  |  |  |