



Health & Safety Policy

1. Duties

Dodgeball is a non-contact sport however accidents and injuries do sometimes occur. The London Knights is strongly committed to ensuring the health, well-being, and safety of all our members. To support this the following actions will be carried out:

- Regular risk assessments of facilities, equipment, and activities.
- Safety measure put in place to mitigate identified risks.
- Ensure that all members are aware and follow the Health & Safety Policy.
- Ensure that normal operating and emergency procedures are in place, and that these are known by members.
- Provide access to adequate first aid facilities and a telephone.
- Investigate and report on any accidents or injuries sustained during club activities.
- Review and amend this policy as required.

2. Members Responsibilities

- Raise any health & safety issue with an executive member immediately when it is identified.
- Take reasonable care of your own health and safety during any activity.
- Be respectful of other's health & safety matters and ensure that your actions do not adversely affect anyone else.
- Co-operate with the London Knights on health & safety issues.
- Correctly use all equipment provided.
- Report any unsafe equipment immediately and ensure that it is no longer used.
- Clear any hazards from the playing area immediately and report it to an executive or coach.

3. Procedures

This procedure is designed to provide advice on the management of accidents and injuries.

- Should an injury occur play is to be stopped so the individual can safely seek first aid.
 - a. If the injury is deemed serious professional medical advice should be sought or the individual should go to the closest A&E.
- Any injury should be reported to both the London Knights as well as any venue reception.
- A coach or executive will complete an incident report and if necessary an investigation will be launched.
 - a. Outcomes will be published on the London Knights website.

4. Treating Injuries



Injuries are generally classified as either acute or chronic. Whether an injury is acute or chronic, when there is pain movement or activity should stop. Individuals should never “work through” the pain because this can cause further harm.

- Acute injuries occur suddenly during activity such as cuts, sprains, or fractures. Signs of an acute injury are:
 - a.** Sudden, severe pain.
 - b.** Swelling.
 - c.** Inability to place weight on lower limb.
 - d.** Extreme tenderness on upper limbs.
 - e.** Inability to move joint through its full range of motion.
 - f.** Extreme limb weakness.
 - g.** Visible dislocation or break.
- Chronic injuries usually occur as a result of overuse during an extended period of time. Signs of a chronic injury are:
 - a.** Pain while performing activity.
 - b.** Dull ache when at rest.
 - c.** Swelling.
- If an injury displays the following symptoms a medical professional should be contacted:
 - a.** Severe pain, swelling, or numbness.
 - b.** Weight cannot be tolerated on a specific area.
 - c.** Increased swelling on an area from an old injury.
 - d.** Abnormality or instability of joint.
 - e.** Loss of consciousness.
 - f.** Any other obvious serious ailments (seizing, extreme loss of blood, etc.).
- Any minor injuries can be treated by a first aider who will advise if further medical attention is needed. To properly care for these types of injuries you should do the following:
 - a.** Clean any open wounds before applying bandages.
 - b.** Have individual rest injured area.
 - i.** Use of slings, braces, or crutches can be used for additional supported.
 - c.** Apply ice pack to area for no more than 20 minutes at a time to prevent frostbite.
 - d.** Do not use heat immediately after an injury as this can increase bleeding or swelling. Heat can be used on a later day as treatment to relax muscles.
 - e.** Compress area to reduce swelling and over support to injury.
 - f.** Keep injured area elevated above the heart where possible.
- If any minor symptoms continue for a prolonged period of time advice from a medical professional should be sought.



5. Player Medical Declaration

- Players or Guardians have disclosed all know conditions that may effect the ability to participate in the sport, and no medical professional has advised against participation.
- Players or Guardians will advise the London Knights if any circumstances change to they can assess any additional risk.
- Players and Guardians of players understand the risks of physical injuries, damage to property and even death.
- Players and Guardians understand that the London Knights is not liable for any loss or injury during any events.
- Players and Guardians understand this policy and procedures and will adhere to them at all events.

SIGNED:

A handwritten signature in black ink, appearing to read 'Anthony Rosa', written over a horizontal line.

NAME: Anthony Rosa

POSITION: Chair

DATE: 26/07/2022