



# South Upwey Netball Club

## Training Policy

### Purpose of this Policy

As a club, we have a duty of care to all playing and non-playing members to provide safe, supportive and constructive training sessions for all players. South Upwey Netball Club, Inc aims to provide productive and consistent training sessions for all players during which valuable skills, strategies and knowledge of the game can be taught and refined.

### Training information

Training is held at either Knox Regional Netball Centre (game day courts) *9 Dempster St, Ferntree Gully VIC 3156* or at the South Upwey Netball Club 'home' courts, *South Reserve, Eloera St, Upwey VIC 3158*. Training times are set by the committee (in consultation with coaches), this is subject to court and coach availability.

It is an expectation that all players attend training each week and any non-attendance reported as soon as practically possible to the coach. Players who don't attend training may not play a full game the following Saturday (at Coaches discretion).

### Weather contingency

On training days, it is the executive committee in consultation with the Coach's decision as to whether training will go ahead or not. South Upwey Netball Club aims to give as much notice as possible to the players and their families for training that will not go ahead. For all instances, SUNC will obtain an accurate depiction of forecast weather from the Bureau of Meteorology (BOM) before assessing the severity of the conditions. There will be no makeup training sessions.

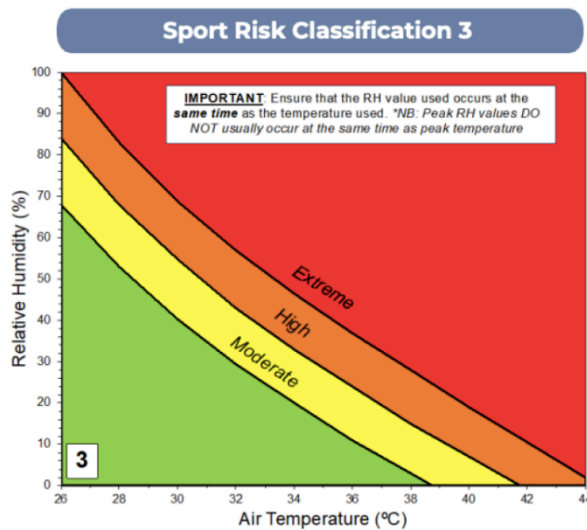
Player and families will be notified in any of the following ways using the most appropriate and timely way, if training/s are cancelled:

- Group Messaging (whatsapp/fb messenger)
- Social Media (FB and Instagram)
- Text message
- Phone call

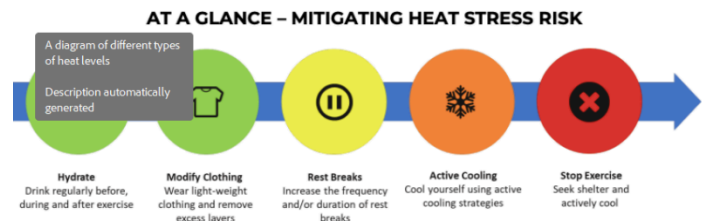
*Note: Saturday Competition is governed by Mountain District Netball Association's (MDNA) [weather guidelines](#). In the event of weather impacting Saturday games, MDNA notifies clubs on whether games are going ahead via Netball Connect and their Facebook page.*

### Hot Weather

The Department of Health and Human Services has a health alert system that notifies of forecast heat wave conditions that are likely to pose an increased risk to human health. The department has identified temperature thresholds for Victoria above which heat-related illness and mortality increases. Netball is considered as a sport risk classification level 3.



To mitigate heat health risk training will be modified in accordance with the following recommended actions:



### Wet Weather

If there is a high likelihood of heavy rain, training will be cancelled. This will be done as early as possible while allowing as much chance of going ahead with training as possible. Training will continue in the event of light rain without an alert of severe wet weather from the Bureau of Meteorology.

In the event of a lightning storm or other severe weather (e.g. hail), training will be immediately cancelled (or suspended had it started).

### Fire, Smoke/Haze

If prior warning is received on the potential onset of hazardous conditions, including bushfire, smoke and haze, a decision will be made on whether training will be altered, cancelled or postponed to ensure safety of participants.

Factors that may also be considered, in conjunction with the above:

- Fitness levels, athletic abilities (including individual differences such as medical conditions)
- Age of athletes
- Heat waves (consecutive days of heat)
- UV exposure
- Risk of Thunderstorm Asthma

### Roles & Responsibilities

**The Committee** is responsible for providing robust policy and procedure guidelines for its members in relation to what is deemed acceptable and appropriate behaviours and adhering to and applying this policy and procedure accordingly.

**Parents/Guardians:** The duty of care for all players aged 17 and under, remains with the parent/guardian. Siblings are not to be left at training to be supervised by a coach or other club officials. No coach or committee member will be left with the sole responsibility of a child at any stage.

**Members (playing and non-playing) and Officials** are responsible for adhering to all aspects of this policy and procedure.



### Injuries

All care will be taken to ensure the safety of all players and coaches. Should an injury occur at training, the player/ coach will receive first aid as outlined in the South Upwey Netball Club [Injury Management Policy](#), available on the club's website. Parents/Guardians will be notified of the injury as soon as possible. The club will provide a first aid kit at all training sessions. Coaches will record all injuries sustained at training, on the [Injury Report Form](#).

South Upwey Netball Club will endeavor to provide at least 1 (one) Level 1 first aid officer at all training sessions. South Upwey Netball Club is not obligated to do so.

### Emergency Procedures

South Upwey Netball Club team officials and committee members will call emergency services, based on the information they are privy to, in a given situation. Team officials will have medical information (provided by parents/guardians via registration forms) accessible for training sessions, this will include emergency contact information of each player (provided by parents/guardians via registration forms)

It is up to players or parents/guardians to inform team officials (and committee members where necessary) of medical plans, emergency procedures or other medical information where needed. There is an ['update details' form](#) on the club's website to accommodate change of information.

### Child Safety

We all have an obligation to do the best we can to keep children safe from harm and abuse. As of 1 January 2017, the Victorian Child Safe Standards were introduced and apply to all sporting organisations that operate and provide sporting services to children within Victoria.

As a result, Netball Victoria formally adopted the Child Safe Standards and developed the [Child Safety Code of Conduct](#) and the [Child Safety in Netball Policy](#). SUNC adheres to these policies and codes of conduct.

### Reporting

All members of South Upwey Netball Club Inc (playing and non-playing), have a responsibility to immediately report in writing (via email: [southupweynetball@gmail.com](mailto:southupweynetball@gmail.com) or to an executive committee member) any inappropriate or unlawful conduct. All reports will be treated seriously and investigated in accordance with this Policy and Procedure.

#### **Any member who feels that they have been the victim of a breach of this Policy:**

- Should make note of the date, time and location of the incident
- Should immediately report the incident to the President and/or a Committee Member