

NSW Lacrosse Inc. - Statement of Safety Policy

- All players must wear suitable clothing, and footwear.
- Participants in Men's games must wear approved helmets and protective gloves. Shoulder protection and the use of arm guards are highly recommended.
- The use of custom fitted mudguards is highly recommended for women during training sessions and is compulsory during any competition games.
- Players are advised to replace fluids before, during and after competition and have their own individual water bottle.
- Warm-up, stretching and cool-down periods are to be included before and after training or competition.
- If any player is aware of any weakness in any joint etc. they must employ relevant Bracing/taping techniques to minimise the risk of injury and make the coach aware of any injury.
- Players will not participate in Training or competitions while under the influence of any non-therapeutic drug or of alcohol. Make the coach aware of any medical requirements.
- If any Player has any matter of medical history which predisposes them in any way to injury or potential illness they are to inform the Coach or Referee of the matter so that better informed action can be taken in the event of any mishap.
- Players who are ill, feverish or recovering from illness should not participate until fully recovered.
- Any player suffering any concussion or head injury must produce a medical clearance before returning to play.
- All participants, coaches, players and officials are advised to attend sports medicine and first aid training.
- First aid kits including emergency contact numbers/locations for the nearest doctor/hospital/dentists must be on hand at all training sessions and competitions meetings.
- So far as it can be achieved accredited sports first aiders are to be present at all games and training sessions.
- Coaches and Referees have a primary responsibility for safety standards during training or competition. They have an absolute right to dismiss any players not conforming to such standards. They are encouraged to undertake and maintain formal accreditation.
- If a Coach, Referee or Official becomes aware that a Player is unwell or injured during a training session or competition, that person has a duty to remove the player from the field and apply or seek appropriate medical attention.
- Players will accept direction from coaches and referees at all times in respect of any safety issue.
- Playing surfaces are to be inspected for obstructions excessive moisture or any other hazard prior to training sessions or competitions.
- Player's equipment may be subject to random checks. In the event that equipment is faulty or unsafe. Referees, Coaches or club officials may direct that such equipment not be used until the fault is rectified and the equipment passes as safe.
- Goals are to be inspected for wear, rust, sharp edges etc. before play commences. In the event that faults are observed they are to be appropriately rectified before equipment use.
- Referees, Coaches, and club offices have an obligation to advise and direct spectators on safety issues where appropriate during training or competitions.