



## **Drysdale Clifton Springs Pickleball Club**

### **Injury Prevention Policy**

#### **1. Purpose**

Drysdale Clifton Springs Pickleball Club recognises the potential risks associated with playing pickleball. The purpose of this Injury Prevention Policy is to establish a safe environment for all participants, reduce the risk of injury, and promote the health and well-being of club members, coaches and volunteers within the Drysdale Clifton Springs Pickleball Club.

#### **2. Scope**

This policy applies to all club members, coaches, volunteers, and visitors involved with the Club, including all scheduled play sessions, training sessions, competitions and events organized and/or hosted by the club.

#### **3. Commitment to Safety**

Drysdale Clifton Springs Pickleball Club is committed to providing a safe environment for all individuals by promoting proactive injury prevention strategies. The Club will:

- Ensure compliance with Australian safety standards and regulations.
- Promote the education and awareness of injury prevention strategies to all club members.
- Encourage early reporting of injuries and effective treatment to prevent the injury worsening.

#### **4. Responsibilities**

- **Club Committee:** Responsible for ensuring that this policy is relevant, enforced, and safety protocols are in place for all sessions and events.
- **Coaches and Conveners:** Responsible for the delivery of safe training programs, and providing proper warm-ups, cool-downs, and injury prevention techniques.
- **Club Members:** Responsible for choosing the appropriate session for their fitness and ability level, reporting any injury or discomfort immediately to a Club Coach and/or Convener, and adhering to all safety protocols.

- **Parents/Guardians:** Responsible for ensuring junior athletes are physically and emotionally prepared for participation and keep the Club up-to-date with any injuries or health issues relevant to their child.

## **5. Risk Assessment**

A comprehensive risk assessment will be carried out by the Club on all facilities, equipment, and activities to identify and manage potential hazards. This assessment will include:

- Regular inspection of training facilities and equipment as per Pickleball Australia site safety requirements.
- Evaluation of playing surfaces, weather conditions, and other environmental factors.
- Monitoring of player fitness levels to ensure readiness for participation.
- Refer to Pickleball Australia's Hot Weather Policy if games/competitions are scheduled at times of extreme heat

## **6. Training and Education**

To prevent injuries, the Club will:

- Provide injury prevention education and resources for club members, conveners and coaches.
- Deliver injury prevention updates at the beginning and throughout each season, including proper technique, stretching and hydration.
- Ensure Conveners and Coaches are trained in the importance of participant rest and recovery.
- Promote the use of protective gear where applicable to reduce injury risk.

## **7. Injury Management**

The Club will have a clear procedure for managing injuries, including:

- Immediate access to first aid at all sessions and competitions.
- A clear system for reporting injuries, including follow-up care and documentation.
- A return-to-play protocol that encourages injured participants to seek medical clearance before resuming activity.

## **8. Warm-Up and Cool-Down Procedures**

Participants will be encouraged to undertake supervised warm-up and cool down exercises before and after each session.

## **9. Hydration**

The Club will ensure that all participants have access to fresh water and are encouraged to maintain proper hydration levels.

## **10. Monitoring and Review**

This Injury Prevention Policy will be reviewed annually, and adjustments will be made as necessary to reflect new information, changes in regulations and/or best practices.

## **11. Conclusion**

By following the outlined procedures, Drysdale Clifton Springs Pickleball Club aims to create a safe and supportive environment where athletes can develop their skills and compete at their best while minimising the risk of injury.

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