



## **MIDDLESEX COUNTY NETBALL ASSOCIATION**

### **HEALTH AND SAFETY POLICY**

Middlesex County Netball Association (MCNA) is committed to planning, regular review and development of health and safety policy and further statements may be issued from time to time.

The sport is delivered through coaching and training sessions, competitions, courses, meetings and other channels. It is impossible to produce a single Health and Safety policy that can accommodate all of these different localised environments. Therefore, we need everyone to assist in the process.

MCNA recognises that effective prevention of accidents depends on a committed attitude to health and safety and seeks to promote a positive safety culture by encouraging participation in health and safety matters.

It is the responsibility of every player, official, coach and volunteer of the MCNA and of any other person who operates on behalf of MCNA to ensure, so far as is reasonably practicable, that they:

- do not create hazards for themselves or others (including members of the public);
- take all reasonable steps to protect themselves and others from the foreseeable consequences of their activities;
- co-operate with the MCNA in any health and safety measures which it adopts and
- do not knowingly interfere with the operation of measures or equipment provided for the purpose of health and safety.

As the County body, we have set numerous minimum standards and guidelines that need to be adhered to when delivering the sport of netball.



Minimum Standards:

1. Minimum Coaching Qualification Levels – MCNA recommends using the UKCC qualifications for minimum coaching requirements:

The UKCC is a 4 level coaching structure:

Level	What the qualified coach will be able to do:
4	Design, implement and evaluate the process and outcome of long-term/specialist coaching programmes
3	Plan, implement, analyse and revise annual coaching programmes
2	Prepare for, deliver and review coaching session(s)
1	Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision

A Level 2 is the recommended minimum qualification for a leader of a netball session.

2. Ratio of Supervision\* – 1 supervisor per 20 students in a club environment and up to 30 students in a school environment.

For the purpose of this document, netball performed in a school environment is defined as netball delivered as part of the school curriculum or in a school approved breakfast, lunchtime or after school club held on the school’s premises.

\* The above is the netball supervision ratios however clubs/coaches also need to remember that there are minimum general supervision ratios, which must also be followed. The NSPCC Child Protection in Sport Unit website has the latest guidelines: [www.thecpsu.org.uk](http://www.thecpsu.org.uk).

3. Playing Area – The playing area should be checked against the MCNA Risk Assessment Form.

Guidelines for court regulations can be found at:

[http://www.englandnetball.co.uk/the-game/Facilities\\_and\\_Courts](http://www.englandnetball.co.uk/the-game/Facilities_and_Courts)

and

[http://www.englandnetball.co.uk/Libraries/Inline\\_Documents/requiremetns\\_for\\_netball\\_surafcaes.sflb.ashx](http://www.englandnetball.co.uk/Libraries/Inline_Documents/requiremetns_for_netball_surafcaes.sflb.ashx)