## **SMARTPLAY CHECKLIST**

The following checklist is not exhaustive, but can be used as a guide to assessing your club's safety practices. It could also form the basis of your club's annual sport safety review.

|                                                                                                             | Yes | Partial | No |
|-------------------------------------------------------------------------------------------------------------|-----|---------|----|
| Are regular safety inspections of playing areas and equipment conducted?                                    |     |         |    |
| Do new and existing members complete a pre-participation medical assessment form each year?                 |     |         |    |
| Are members aware of club policies regarding illness and medical conditions which may affect participation? |     |         |    |
| Is the use of protective equipment promoted and mandatory for certain age groups?                           |     |         |    |
| What protective equipment is mandatory at your club?                                                        |     |         |    |
| What protective equipment is recommended but is not mandatory?                                              |     |         |    |
| Are coaches and officials encouraged to attend approved education courses and to seek accreditation?        |     |         |    |
| Do your members have access to quality coaching and skill development?                                      |     |         |    |
| Are warm-up, stretching and cool-down sessions promoted for all training and competition?                   |     |         |    |
| Is water/fluid provided for participants (especially during hot weather)?                                   |     |         |    |
| Are correct fluid replacement practices actively promoted?                                                  |     |         |    |
| Are members given the opportunity to receive training in sports injury prevention and treatment?            |     |         |    |

|                                                 |                                                               | Yes | Partial | No         |
|-------------------------------------------------|---------------------------------------------------------------|-----|---------|------------|
| Are appropriately traine personnel present at g | ed and accredited sports injury management ames and training? |     |         |            |
| -                                               |                                                               |     |         |            |
| Are sport first aid                             | kits appropriately stocked and                                |     | )       |            |
| maintained? Does you                            | ır club have an appropriate first aid                         |     |         |            |
| treatment area? Do all                          | teams have immediate access to first                          |     |         |            |
| aid equipment?                                  |                                                               |     |         |            |
| Does your club have a                           | n emergency action plan for severe                            |     |         |            |
| injuries? Are injury reco                       | ords kept for your club members?                              |     |         |            |
| Are you aware of any e                          | existing policies, regulations, codes of conduct,             |     |         |            |
| rules etc. that your stat                       | re/national body may already have in place?                   |     | )       |            |
| For example on:<br>diseases                     | infectious                                                    |     |         |            |
| hea                                             | ad and spinal                                                 |     |         |            |
| inju                                            | ry drugs in sport                                             |     |         |            |
| chi                                             | ldren in sport,                                               |     |         |            |
| etc                                             |                                                               |     |         |            |
| lf yes, do you impler<br>club?                  | ment these policies in your                                   |     |         |            |
| Does your club have a                           | safety budget for training, equipment                         |     |         |            |
| etc? Is a review/audit o                        | f safety procedures completed each                            |     |         |            |
| year?                                           |                                                               |     |         |            |
| Does your club have a                           | dequate insurance for player injury and club                  |     |         |            |
| liability? Does your clul                       | b have a written sport safety plan?                           |     | )       |            |
| Signed:                                         |                                                               |     |         | Position:_ |

If you answered YES to all questions, CONGRATULATIONS, your club has the characteristics of a SMARTPLAY club.

But don't stop here, there's always room for improvement, read on...

If you answered NO or PARTIAL to any of the questions, then read on for tips on sport safety planning for your club.