



OLD GIRLS PLAY TOO® – HEALTH AND SAFETY POLICY.

The aim of this policy is to ensure that the health, safety and welfare of all participants, volunteers, coaches and Board Members is our highest priority.

Old Girls Play Too® is committed to providing a safe, welcoming and supportive environment where women aged 40+ can enjoy recreational sport, improve their wellbeing and build confidence through physical activity.

The health, safety and welfare of all participants, volunteers, coaches and Board Members is our highest priority. We recognise that many participants may be returning to sport after a significant break or taking part in physical activity for the first time in many years. Our aim is to ensure that everyone can participate safely, at their own pace and within their own capabilities.

Old Girls Play Too® will:

- Provide activities in environments that are suitable, safe and regularly assessed for potential risks.
- Encourage all participants to take responsibility for their own health by exercising within their personal fitness levels and seeking medical advice where appropriate before participating.
- Ensure warm-ups and cool-downs are incorporated into activities to reduce the risk of injury.
- Promote hydration, appropriate clothing and footwear, and consideration of weather conditions during outdoor activities.
- Ensure instructors, coaches and volunteers prioritise participant safety and adapt activities where appropriate to accommodate differing abilities, injuries or health conditions.
- Encourage an inclusive, respectful and non-judgemental environment where participants feel comfortable raising any health or safety concerns.
- Maintain appropriate emergency procedures, including access to first aid equipment and emergency contact information where required.

Participants are expected to:

- Take reasonable care of their own health and safety and that of others.
- Inform session leaders of any relevant medical conditions, injuries or concerns that may affect their participation.
- Follow the guidance and instructions provided by coaches, volunteers and event organisers.
- Report any accidents, injuries, hazards or near misses as soon as possible.

Any accident, injury or health and safety concern must be reported immediately to a Board Member or session leader and recorded as soon as practicable. Incidents will be reviewed to identify any lessons learned and appropriate actions taken to minimise future risk.

Old Girls Play Too® is committed to complying with relevant health and safety legislation and continually reviewing its practices to ensure a safe and enjoyable experience for every woman who joins our community.

This Health & Safety Policy will be reviewed periodically throughout the year and no less than annually.

