

Squash Health and Safety Guidelines for Coaching

Coach Education Health and Safety Policy

It is the policy of Scottish Squash, England Squash, Squash Wales and Ulster Squash (National Squash Governing Bodies [NSGBs]) to conduct their coach education programmes in full recognition of and compliance with prevailing legislation on health and safety. All tutors, assessors, internal verifiers and all coaches or managers working in either a professional or a voluntary capacity, within any NSGB coach education programme, should personally observe all the requirements of the health and safety legislation and should ensure that any premises on which they are working conform to the requirements of that legislation. Furthermore, they should observe all the rules laid down by the owners of the premises in pursuit of compliance with health and safety.

The following essential points should be noted:

1. The persons ultimately responsible for health and safety matters in each of the National Squash Governing Bodies and its associated activities are the Chief Executive of England Squash, Squash Wales, Ulster Squash and the Chief Operating Office of Scottish Squash.
2. Any individual involved in an official capacity in an activity organised by a National Squash Governing Body must take personal responsibility for his or her own safety and well-being and for the health, safety and well-being of those belonging to any group with which he or she is working.
3. Any individual who is actually or ostensibly in charge of an activity organised by a National Squash Governing Body must take the additional responsibility of ensuring that the premises on which the activity is being conducted operate in accordance with an acceptable health and safety policy.
4. The assurance that such a policy exists must be obtained in writing, and the direct line of responsibility for health and safety matters, within the organisation on whose premises the activity is being conducted, must be identified.
5. The essential requirements of the National Squash Governing Body, in respect of the health and safety policy relating to premises on which squash activities take place and in request of the provision of squash activities, are as follows:
 - a) The premises must operate in accordance with a documented health and safety policy.
 - b) There should be an identified individual responsible for health and safety within the premises.
 - c) Squash courts and associated premises must be maintained in a safe condition, including lighting and heating appliances. The floor of the squash courts should be dry and dust-free.
 - d) The use of courts should be governed by the simple safety rules of not opening doors while rallies are in progress or without knocking first. Notices expressing this safety rule should be prominently displayed.

- e) The squash equipment used should be endorsed by the respective National Squash Governing Body
- f) Recommendations should be made and posted, concerning the regulations of wearing eye protection. The wearing of eye protection is compulsory for all juniors under the age of 19 years old. The wearing of eye protection is incorporated in the Rules of the doubles game and compulsory for **all** doubles players.
- g) The procedure relating to action in the event of fire should be prominently displayed and emergency exits and any fire-prevention equipment (such as fire extinguishers) should be clearly marked and unobstructed.
- h) A suitably equipped first-aid kit should be within easy access of the participants in the activity and should be in an identified and prominent position. There should be an identified individual to refer to in case of an accident.
- i) The location of the nearest telephone should be known for the eventuality of a possible 999 call.
- j) The addresses and daytime and evening telephone numbers of the nearest surgery and nearest emergency doctor must be displayed within the centre, prior to the commencement of any activity.
- k) The leader of the activity must be acquainted with and use the recommended method of reporting any health and safety issue or occurrence through the channels laid down and applicable to the premises.
- l) The leader of the activity must be alert to the signs of excessive physical stress or incipient illness in participants and must give guidance to the individual concerned on the desirability of continuing participation.
- m) The leader of the activity must be alert to the signs of child abuse having been inflicted on a child. These signs could be in the form of persistent and unaccountable bruising, cuts or burns/changes in behaviour/sexually explicit behaviour/lack of trust in adults. These symptoms should be noted and reported, in the strictest confidence, to the appropriate authority or professional and to the appropriate National Squash Governing Body Chief Executive (England Squash, Squash Wales) or Chief Operating Officer (Scottish Squash).

