



East Coast Bays AFC Player Welfare Policy

Introduction

East Coast Bays AFC is committed to ensuring the welfare, safety, and well-being of all its players. This Player Welfare Policy outlines our commitment to creating a supportive environment that promotes the physical, mental, and emotional health of our players. Our goal is to provide the best possible experience for all players, from community, to Development to First Team levels.

Objectives

- To prioritise the welfare of players in all club activities and decisions.
- To create a safe, inclusive, and positive environment for all players.
- To provide resources and support for players' physical, mental, and emotional well-being.
- To ensure compliance with relevant welfare regulations and best practices.

Responsibilities

Club Management

- Ensure that player welfare is a priority in all club operations.
- Provide resources and support for player welfare initiatives.
- Appoint a Player Welfare Officer to oversee welfare matters.
- Regularly review and update the Player Welfare Policy.

Player Welfare Officer

- Act as the main point of contact for player welfare concerns.
- Implement and monitor welfare programs and initiatives.
- Provide support and guidance to players, coaches, and staff on welfare issues.
- Ensure compliance with welfare policies and procedures.

Coaches and Staff

- Promote a positive and supportive environment for players.
- Be aware of and responsive to the welfare needs of players.
- Encourage open communication and trust with players.
- Participate in welfare training and education programs.

Players

- Take responsibility for their own well-being and seek help when needed.
- Support teammates and promote a positive team environment.
- Adhere to club policies and procedures related to welfare.
- Communicate any concerns or issues to the Player Welfare Officer or coaches.



Parents and Guardians

- Support the welfare initiatives of the club.
- Communicate any concerns regarding their child's welfare to the club.
- Encourage their child to speak up about any welfare issues they may have.

Physical Health and Safety

- **Medical Screenings:** Ensure all players undergo regular medical screenings and fitness assessments.
- **Injury Prevention:** Implement training programs focused on injury prevention and proper technique.
- **First Aid:** Provide first aid training for coaches and staff and ensure first aid kits are accessible.
- **Rehabilitation:** Offer support and resources for players recovering from injuries, including access to physiotherapy and medical professionals.
- **Nutrition and Hydration:** Educate players on the importance of proper nutrition and hydration for optimal performance and health.

Mental and Emotional Well-being

- **Mental Health Support:** Provide access to mental health resources, including counselling and mental health professionals.
- **Education and Awareness:** Conduct workshops and seminars on mental health, stress management, and emotional resilience.
- **Open Communication:** Encourage players to discuss mental health concerns with coaches, staff, or the Player Welfare Officer.
- **Supportive Environment:** Foster a team culture that supports mental and emotional well-being, emphasising respect, inclusion, and teamwork.

Bullying, Harassment, and Abuse

- **Zero Tolerance Policy:** Enforce a zero-tolerance policy for bullying, harassment, and abuse of any kind.
- **Reporting Mechanisms:** Provide clear and confidential reporting mechanisms for players to report any incidents.
- **Investigation and Action:** Promptly investigate all reports and take appropriate action to address and prevent further incidents.
- **Education:** Educate players, coaches, and staff about the signs of bullying, harassment, and abuse, and how to prevent and address them.



Equal Opportunity and Inclusion

- **Non-Discrimination:** Ensure that all players are treated equally regardless of race, gender, age, ability, or background.
- **Inclusive Programs:** Provide programs and opportunities that are accessible and inclusive for all players.
- **Respect and Diversity:** Promote a culture of respect and celebrate diversity within the club.

Career and Personal Development

- **Education Support:** Provide support for players' educational pursuits and encourage a balance between sports and academics.
- **Life Skills:** Offer workshops on life skills such as time management, financial literacy, and career planning.
- **Post-Career Planning:** Assist players in planning for life after their playing career, including career counselling and networking opportunities.

Monitoring and Review

- **Regular Reviews:** Conduct regular reviews of the Player Welfare Policy and its implementation.
- **Feedback:** Gather feedback from players, coaches, and staff to continuously improve welfare initiatives.
- **Continuous Improvement:** Stay updated on best practices and emerging trends in player welfare to ensure the highest standards are maintained.

Conclusion

East Coast Bays AFC is dedicated to the welfare of all its players. By implementing this Player Welfare Policy, we aim to create a safe, supportive, and nurturing environment where players can thrive both on and off the field. For any concerns or questions regarding player welfare, please contact the Player Welfare Officer.

Player Welfare Officer Contact Information

- **Name:** TBC
- **Phone Number:**
- **Email Address:**