



Player Health & Wellbeing and Club Policies

The Trustees of Kingussie Camanachd Club (KCC) have a duty of care to all players who represent our club. We are also committed to providing a safe and enjoyable environment in which to play Shinty. This document includes sections on player safety, physical and mental health as well as club policy on drugs and alcohol and standards asked of players when representing the club.

Player Safety Policy – KCC encourages all players to wear personal protective equipment when playing Shinty. Compliant helmets (with faceguard) are mandatory for all players born AFTER 01/01/1998 during matches and at training. If a player sustains a dental injury whilst wearing a compliant helmet then the club will endeavour to assist with dental fees where possible. **If a player sustains a dental injury whilst not wearing a compliant helmet then the club will not assist with any dental costs.** Players should be aware that the Camanachd Association insurance only covers the first £250 of any dental treatment costs. Players may approach the club for financial assistance with helmet costs if required. Approved helmets and protective gloves are available at mycrosport.com

Player Physical Health – KCC will support any player injured as a result of playing for or training with our club. If treatment is required the club will pay for an initial two sessions at a physiotherapist approved by KCC and a report of the injury and treatment plan will be passed to the players' coach. The player will be expected to attend the usual club training sessions to carry out any rehabilitation work under the supervision of the fitness coach. Club payment for further physiotherapy appointments will only be sanctioned if deemed appropriate by the coach after discussion with the committee. Players' are insured by the Camanachd Association's insurers and can make a claim for certain injuries and loss of earnings if unable to work. Please ask your coach for details if required. KCC recommends that all players check that their insurance cover is adequate.

Player Mental Health – KCC players who feel that they have any issues regarding alcohol or drug misuse, low mood, anxiety or any other type of mental health issue such as gender or sexuality, should be aware that they will be supported by the club. The first point of contact should be their family Doctor, however, any player who feels unable to contact their G.P. should know that they can speak to a club coach, committee member or child protection officer, who will all listen and help.

Misuse of Drugs Policy – It is the club's responsibility to create an environment free from illegal drugs during club activities. To this end the following actions will apply:-

1. Players shall not present themselves at club activities while under the influence of illegal drugs.
2. Players shall not carry any illegal drugs on their person or in their belongings while at club activities.
3. Instances of the supply of illegal drugs during club activities shall require Police involvement.
4. Confirmed incidents in breach of this policy shall be referred to the club President and recorded in writing.
5. Players should be aware that they may be subject to random drug testing at training sessions or matches carried out by independent agencies on behalf of KCC or the Camanachd Association. Any player testing positive for a banned substance shall be punishable by warning, suspension or expulsion from the club.
6. If a player is convicted of drugs related offences at any time they will be subject to a club suspension or expulsion. Definition of drugs included in this policy: Controlled drugs such as cannabis, ecstasy, cocaine, magic mushrooms, amphetamines etc. Psychoactive drugs known as 'legal highs'. Volatile substances such as aerosols, glues etc. Performance enhancing drugs as outlined by the World Anti - Doping Agency.

Players are asked to respect and assist coaches and club officials by strictly adhering to this policy.

Alcohol and Tobacco Policy – Players shall not present themselves at club training sessions or matches while under the influence of alcohol. KCC does not encourage persons under the age of 18 to consume alcohol. KCC does not encourage players over the age of 18 to consume excess alcohol. Players are asked not to consume alcohol when pitch - side at a Shinty match (pitch – side describes being inside the barrier, adjacent to or, on the playing surface. This could be when spectating at a match or immediately after playing). KCC discourages all players from smoking for well documented health reasons. Those that choose to smoke are asked to never smoke when pitch – side or at any time when wearing a club playing jersey and never in club premises.

Player Behaviour Guidelines – Players are asked to respect the club, club officials, coaches and fellow players at all times. Representing KCC in matches and attending training should be enjoyable experiences for all. Players are asked to be punctual when attending for training or matches and always inform their coach in plenty of time if they cannot attend or will be late. Please assist coaches by endeavouring to leave home and away changing rooms clean and tidy and help with kit bags, water bottles and other team equipment when possible. During matches players are asked to display high standards of sportsmanship and manners towards opponents and match officials. KCC win or lose with dignity. During training the same high standards are asked and coaches should always be respected, even although you won't agree with every decision! Players are asked to not bring the club into disrepute on social media. When the club holds fundraising events players are asked to attend, support and help out as much as possible. Please look after and respect all club equipment and property – it is your club. Above all else enjoy your Shinty and be proud to represent Kingussie Camanachd Club.

Train hard and play hard – have a great season

