



NON-CONTACT PLAYER Policy

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Policy Change Log

Description of Revision	Date	Name	Version #
First draft	6 Jan 2025	Mike Lee	1.0

Amendments to the Policy

Upon completion of the first formally approved version of this Policy (approved and signed by the [Management Committee Members](#)), any further recommendation to change the content shall be submitted in writing to the Management Committee, or proposed to other Committee members, by a Committee member, for review and approval prior to updating the document.

Only upon agreement of all Management Committee members shall this document be revised, reviewed and subsequently signed and approved for issue.

The master version will be held securely as an editable MS Word document by the Club Secretary. Only a single version of this document may exist in an editable format. The document template shall not be shared outside of this Club.

A secure PDF version (controlled and signed) may be shared upon request and a non-editable PDF will be published and available for download from the Nottingham Nemesis website <https://www.nemesisbhc.com/documents>

Upon updating this document, the author(s) shall complete the [Policy Change log](#) describing the updates, date the document, print their name and up-stroke the relevant document version number accordingly.

Minor updates shall be classified by a sequential decimal place update (1.1, 1.2, 1.3 etc). Major updates shall be classified by a sequential whole number (1, 2, 3 etc)



Policy

Purpose

The purpose of this policy is to outline the reasonable steps taken by NNBHC to ensure that players are protected from potential injury when they are:

- Recovering from Injury
- Pregnant (**up to 12 to 14 weeks of gestation**) & Postpartum (following childbirth) (*See additional section regarding [Pregnancy & Postpartum guidance](#))
- New Starters (typically completely new to the sport) who require an additional level of protection especially if unsure, nervous or anxious about playing
- Have disabilities (that the club is made aware of directly to a committee member in advance) such that they require an additional level of protection

The potential for injury includes (but is not limited to):

- Being hit with the ball (either directly from slap-shots or from rebounds etc)
- Being hit with a stick
- Being tripped
- Slipping over or general falls / tumbles
- Player-to-player contact (such as shoulder to shoulder)
- Contact with plexiglass / walls / goals
- Contact with the benches / doors / boards (especially during changes)

Protection

All players listed in the '[Purpose](#)' category above will have the option to wear a distinct coloured bib, with the sublimated wording 'NON-CONTACT' printed on them.

Other club members will be instructed to avoid shooting directly at these players or engaging in a level of physicality (which although permitted under ISBHF and BHUK guidelines) may lead to potential injury to the receiving player.

The wearing of such bibs is not compulsory but will be made available with the understanding that the club is doing so to increase the protection of the player(s) concerned.

The wearing of a bib does not guarantee full protection for the user, or mitigate the wearer of any risk to injury, but is a reasonable step offered by the club to lessen the overall risk to the member concerned.



All players accept and sign a disclaimer stating that Ball Hockey is a physical sport, and any training sessions, leagues and events participated in with or on behalf of 'Nemesis B.H.C.' are considered as a "PLAY AT YOUR OWN RISK SPORT".

Members are aware that participating in sporting activity or physical exercise exposes them to inherent risks, dangers and hazards. These risks and dangers may be caused by the actions or in-actions of others participating in the session or the condition of the venue in which the session takes place.

By engaging in Nemesis B.H.C. sessions/games or activities, all members freely accept and fully assume all inherent risks, dangers and hazards and the possibility of serious personal injury, including permanent disability, paralysis, death, property damage or loss resulting there from. There may be potential risks and losses socially and economically, either not known to the NNBHC member or unforeseeable at the time.

As part of the BHUK membership, all players accept that they are covered for any damage to a venue, but understand that this membership does not cover any form of personal liability insurance, for injury to themselves or another. Nemesis B.H.C membership similarly does not include personal liability insurance.

Pregnancy

There is good evidence that there are benefits of aerobic exercise during pregnancy, However, this must be balanced with the risk to the unborn baby and the mother.

There is some evidence to support that up to **12 to 14 weeks of gestation** the uterus is protected by the pelvis.

Beyond this point, as the uterus increases in size due the growth of the foetus, it is no longer protected within the pelvis and is therefore more exposed to potential trauma. From this point, there is an increased risk of harm from either a fall, contact with another player, a ball, contact with the boards / walls or a stick etc or other injuries outlined in the ['Purpose'](#) section.

Therefore, playing ball hockey when pregnant beyond 12 weeks of gestation may cause harm to both the unborn baby and the mother.

An increase in body weight, a shift of the centre of gravity, an increase in the Relaxin hormone and Progesterone hormones in pregnancy lead to joint instability and therefore to an increased risk of injury. Consequently, contact sports and sports with a high potential of injury are not recommended during pregnancy.



NNBHC recommends that members who believe they may be pregnant to consult with their medical professional at the earliest opportunity.

Once the pregnancy is confirmed, this policy allows players to participate in ball hockey activities up to 12 weeks of gestation and that **from the 12th week, no player shall participate in any ball hockey activity.**

It is the responsibility of the member to make a NNBHC committee member aware of the '12-week end-date' at the earliest opportunity. It is not mandatory, but NNBHC request that this submission is made in writing and accompanied by a 'clear to play' note from a healthcare professional.

All pregnant NNBHC members, playing during this 12-week period, must seek professional advice and be made aware of proper hydration, the additional nutritional requirements of pregnancy and exercise and the dangers of heat stress. Regular pre-natal and obstetric guidance is strongly recommended.

Pregnant NNBHC members aged under 18 are legally under their parents' care and therefore parents need to be included in making the decisions for these players.

Players are reminded that the decision to play (up to 12 weeks) is still entirely at their discretion (following advice from a medical professional).

The risk of any serious personal injury or injury to their unborn baby, including miscarriage, permanent disability, paralysis, or death, are freely accepted by the NNBHC member, whose other members and club will bear no responsibility, or legal recourse, should there be an injury sustained.

The responsibility with the member also lies with them to notify the club if they are pregnant. NNBHC cannot be held responsible if an injury occurs to a member who is unaware of their pregnancy until after an injury occurs.

Postpartum (following childbirth)

Post birth, all women should attend their 6-week postpartum check, or guidance in line with their health care professional and receive the sign off to return to ball hockey.

Nottingham Nemesis

Ball Hockey Club



Signatories

On and behalf of the Nottingham Nemesis Ball Hockey Club.

General Manager:

Print

Sign

Date

Secretary:

Print

Sign

Date

Treasurer:

Print

Sign

Date