

Nyora Cricket Club

“Nyora Cricket Club: promoting health and safety for their community”

Through the Healthy Sporting Environments (HSE) program, GippSport supported Nyora Cricket Club to become a healthier, safer and friendlier club. Significant changes were made in the areas of alcohol management, UV protection, social inclusion and injury prevention and management.

Nyora Cricket Club has a proud history, having been established in 1937. They currently compete in the West Gippsland Cricket Association. They have 40 club members. The club has participated in the HSE program since October 2012.

Shona Lynch, Secretary, says, *“It’s definitely raised the awareness in the club and increased discussion about safety which is changing our culture”*.

THE MOST NOTICEABLE CHANGES HAVE BEEN:

- Increased professionalism at the club
- Safer practices
- Raising awareness around good practices
- Improved the club culture
- Kick started culture change



A major focus has been the activities associated with injury prevention and management which included:

- Sports medicine posters displayed in club house and posted on Facebook (‘Drink Up, Warm Up, Fix Up, Gear Up’)
- A Safety Coordinator was appointed
- Development of a medical emergency plan
- Recording of all injuries added as an agenda item at committee meetings
- Medical conditions and emergency contacts are now requested for new members
- First aid training was completed
- Successfully received a grant to purchase protective playing gear - helmets, pads, gloves, first aid kits and broad brimmed hats
- Portable shade is now taken to all away matches to avoid heat illness
- Plans for future improvement to practice nets to increase safety is being investigated
- Groin protective gear is now being sold at the club



The club’s efforts don’t stop there. Future intentions include embedding these activities into their strategic plan, enacting the new policies and procedures and including some injury prevention measures into position descriptions (e.g. the head coach application asks if the applicant is first aid qualified or if training would be completed if appointed).

The club also made gains in the areas of UV Protection through signage, announcements and awareness raising. They encouraged greater use of their website and Facebook to promote good practices as well as developing the social aspect of the club in an effort to retain and attract members.

Their participation in the project has impressed Regional Sports Assembly representative, Gene Parini from GippSport, *“Nyora Cricket Club have embraced the Healthy Sporting Environments Program. They have raised awareness through signage and social media messaging. It was great to see the club receive funding for protective gear”*, Gene said.

The changes have made a difference to the way the club operates, how it promotes itself and how things work on a day to day basis. It has allowed the club to demonstrate leadership in their community and increase community awareness around safer practices in community sport. The club has been committed to ongoing improvement which is a credit to the committee.