

Health & Safety

Terms and Conditions

- All participants are reminded of the following clauses of the Terms and Conditions of entry that were accepted upon entering the 2021 New Zealand Masters Games.
 1. Fitness to enter
 2. Injury Procedures
 3. Accidents
Indemnity and Release
- A full copy of the terms and conditions are available on the NZMG website
[Terms & Conditions | New Zealand Masters Games \(nzmg.com\)](https://www.nzmg.com/terms-conditions)

Medical

- There will be a Registered Nurse available on site throughout the duration of the tournament. They will be located in the pavillion.

First Aid Kits and Ice

- All teams are to provide a basic first aid kit to be able to clean up blood and minor injuries.
- Ice will be available from the office throughout the tournament.

Warm Up and Cool Down

- We strongly urge all teams to warm up and cool down to ensure your bodies have the best chance possible to perform and recover.

Sun Safety

- NZMG Outdoor netball is traditionally very hot and dry. Teams are advised to keep hydrated (with water), slop on sunscreen at all times and slip, slap and wrap when not on court. Some sunscreen will be provided and water is available free of charge.

Strapping

- The Whanganui District Health Board are the official Health Partner for the Downer New Zealand Masters Games. As part of this partnership they are offering free strapping at our sport by one of their Physiotherapists. They will be available at these times:
 - Fri 12th Feb 1pm - 2.30pm
 - Sat 13th Feb 2pm - 3pm