



Welfare and Wellbeing Guidance

Purpose

To provide guidance to ensure that the welfare and wellbeing of our players, volunteers, coaches, administrators, officials, employees and visitors is considered at all times.

We all have a duty to care for each other.

Welfare matters!

Physical wellbeing

In 1875, The Brooklyn Daily Eagle described croquet as:

“a healthy and harmless pastime. Unlike chess, billiards, and whist it is a sport of the open air, and for that reason conducive to health; while it also has the advantage of most out-door pastimes, in affording easy exercise to the body, without requiring that violent muscular exertion which renders cricket, baseball, and many similar games objectionable to individuals of delicate frame or weak constitution.”

Croquet is a low impact sport that is suitable for almost everyone. It is generally non-strenuous exercise involving walking and bending, and upper body movement from swinging a mallet. It improves strength, suppleness, co-ordination and balance.

Exposure to fresh air and sunlight, whilst out on the lawns, increases production of vitamin D which is essential in prevention of osteoporosis and is increasingly being linked to other health benefits.

Sport England says:

“Sport and physical activity can help prevent ill health as well as provide therapeutic and management effects for those suffering - particularly for people affected by cancer.

It can also lead to improvements in strength, balance, movement and motor skills, and help in maintaining a healthy body weight.

Other physical wellbeing outcomes backed by evidence include improved quality of sleep, increased energy levels, healthy early years development, reduced unhealthy behaviours like smoking, reduced mortality, effective pain management and improved quality of life in ageing.”

The [Getting Active Outdoors](#) report commissioned by Sport England and published in 2015 is still very relevant. It examines the demand for outdoor activity and identifies a huge unmet

demand for outdoor physical activity. Croquet has the potential to capitalise on the desire to have fun with friends, enjoy fresh air, and to relax and de-stress, particularly with the 'Active Third Age', who want to keep body and mind stimulated, set to rise by 30% by 2035.

For those living with a long-term health condition the campaign 'We Are Undefeatable' run by Sport England and 15 health charities, including British Heart Foundation, Macmillan Cancer Support and Age UK, emphasises how keeping active is important in managing conditions.

[We Are Undefeatable - A little goes a long way when it comes to being active](#)

Mental Wellbeing

One in four people experience issues with their mental health. Croquet England encourages coaches, clubs and individual members and associates to support people experiencing difficulties with their mental health.

We believe the impact sport and physical activity can have on mental wellbeing is every bit as important as the physical benefits. The strategic nature of croquet keeps minds active as well as bodies.

Croquet can contribute to enjoyment and happiness, and more broadly to life satisfaction through increased social interaction. Sport and physical activity also have the potential to reduce anxiety and depression symptoms and help combat loneliness. Emotional health, self-esteem and confidence are known to increase through participation and volunteering.

Croquet England supports the six aims of the Mental Health Charter for Sport and Recreation, which aims to use the collective power of the sport sector to tackle mental ill-health and its stigma: The Charter aims to:

- Use the power of sport and recreation to promote wellbeing with a special focus on encouraging physical activity and social interaction for their contribution to good mental health.
- Promote and adopt good mental health policies and best practice.
- Promote positive messages using ambassadors to reduce the stigma attached to mental health issues.
- Tackle discrimination on the grounds of mental health to ensure everyone is treated with dignity and respect.
- Support a pan-sport approach to share resources and best practice.
- Monitor performance, assess progress and take positive action on mental health issues.

The Charter is being supported by the charity Mind. Mind has lots of useful information and resources at [Sport, physical activity and mental health](#) including a mental health and physical activity toolkit.

Promoting Good Mental Health through Coaching

UK Coaching has a comprehensive guide to mental health and well-being [A Guide to Mental Health and Well-being - UK Coaching](#). This includes a short video, a definition of mental health, the relationship between mental health and physical activity, creating an inclusive environment, spotting problems and sign-posting and looking after yourself.

Talented players

Croquet players at all levels deserve to be able to practice and compete in a safe, healthy and player-focused environment, where the health and wellbeing of players, particularly young players, is at the forefront. For those on the talent pathway the following should be considered:

- **Balancing the pressure of top-level sport** – a croquet player on the talent pathway will undoubtedly experience a lot of pressure. They must be helped in managing this pressure to avoid causing harm to their mental or physical health and wellbeing.
- **Balancing life with top-level sport** – being an up-and-coming croquet player requires a lot of time, dedication and practice, but players should always feel that they are able to devote time to other commitments including family, social life, work and other interests.
- **Balancing training with looking after the body** – sport, by definition, requires a level of physical stresses and strains. Looking after the player's physical health should always remain the priority over any sporting goal.

Additional Resources

Mind has developed a [toolkit](#) to support organisations to provide sport and physical activity services for people with mental health problems, topics include;

- Understanding mental health.
- The relationship between physical activity and mental health
- Engaging people and volunteers in a physical activity and mental health service
- Funding, sustainability, safeguarding and legal considerations

Other useful resources:

[Mental health | Sport England](#)

[The Stress Bucket | Building Healthy Minds](#)

Child Protection in Sport Unit [Mental health and wellbeing of young people in sport](#)

References

[Welfare and Wellbeing Policy](#)

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