



Leighton Park
Rangers F.C.



www.leightonparkrangers.com

Leighton Park Rangers Health & Safety Policy

Leighton Park Rangers Football Club (the Club) is committed to high standards of health and safety. It is our policy, to maintain these high standards and to encourage all persons associated with the club (including players, managers, coaches, parents, volunteers) together with supporters of visiting teams, to provide a safe environment for all.

Health and Safety is everyone's responsibility

There are inherent risks associated with any form of contact sport and the Club, will ensure that these risks are minimized by:

Venues

- Ensuring that training and playing venues are fit for the purpose.
- Managers will carry out a risk assessment before every match and training session to check:
 - i. that the area and surroundings are free from obstacles and animal faeces.
 - ii. that the surface of the pitch is safe to play. Particular attention should be paid to frozen pitches – even just one area of the pitch being frozen can cause serious injuries to players who slip, trip or fall.
 - iii. the health and safety arrangements relating to the venue e.g. emergency exits and routes (know how emergency vehicles can access the facilities)
 - iv. that they have a working telephone, access to emergency numbers and that exit points are clear.

Equipment

- Ensuring that all equipment used during training and matches is well maintained and fit for purpose
- See below re FA Goalpost Safety Guidelines.

Kit

- Refusing to allow players to train or play without appropriate kit, with particular attention to shin-pads, boots appropriate for the playing surface and jewellery.
- Refusing to allow players to train or play if they do not have a drink, or if they are deemed unfit to play through health reasons

Qualified Coaches

- Ensuring that people who hold recognised football coaching certificates oversee training and matches

First Aid

- Ensuring that at least one qualified First Aid person will be in attendance at all training sessions and matches and that a fully equipped Medical Kit is available at all times

Medical Consent

- Holding details of any disabilities and illness that a player may suffer from and having procedures agreed with Parents and Carers to treat any conditions which may arise while playing or training Maintaining "Emergency Contacts" and ensuring Managers/Coaches have access to these at all training sessions and matches.

Activities

- Ensuring that the recommendations concerned with duration of play are adhered to, and that adequate rest breaks are allowed during training and matches
- Ensuring that activities are appropriate for the age-group and conditions

Codes of Conduct and Club Policies

- Ensuring that everyone adheres to the all the Club's policies and in particular, the Club's Child Protection Policy and Procedures and Codes of Conduct.

Safeguarding

- The safety of all persons associated with the club is of paramount importance but particularly so, with minors. While all managers, coaches and volunteers will be the subject of checks to ensure compliance with the Club's Child Protection Policy and Procedures, parents and carers need to consider that many games are in public places and ensure their children are aware of the possible associated dangers. This includes dropping off and collecting your child.
- All Club volunteers are screened as to their appropriateness to have responsibility for coaching children, however, parents and carers also have a responsibility to act on the decisions made on their children's behalf by the Club.
- Managers will ensure that a register is taken at the start and end of every training session or match.

Insurance

- The Club has arranged personal injury and public liability insurance.
- Managers are responsible for requesting appropriate insurance for all friendly matches (League matches are automatically insured). If Club policies and procedures are not followed, the Club is not liable for any injury, loss or damage claims.

Trips and Travel

- See Travel, Trips and Tournaments Policy.

Dealing with an Incident/Accident

The Manager and appointed First Aider will act as follows:

1. Stay calm but act swiftly and observe the situation. Is there danger of further injuries?
2. Listen to what the injured person is saying
3. Take appropriate action for minor injuries

4. In the event of an injury requiring specialist treatment, call the emergency services
5. Deal with the rest of the group and ensure that they are adequately supervised
6. Do not move someone with major injuries. Wait for the emergency medics
7. Contact the injured person's parent/carer.
8. Complete an accident report form in full (see Annex 1) and send this to the Club Secretary without delay.

FA Goal Post Safety Guidelines

Serious injuries and fatalities have occurred as a result of unsafe or incorrect use of goalposts. Safety is always of paramount importance and everyone in football must play their part to prevent similar incidents occurring in the future.

1. For safety reasons goalposts of any size (including those which are portable and not installed permanently at a pitch or practice field) must always be anchored securely to the ground:
 - Portable goalposts must be secured as per the manufacturer's instructions
 - Under no circumstances should children or adults be allowed to climb on, swing or play with the structure of the goalposts
 - Particular attention is drawn to the fact that if not properly assembled and secured, portable goalposts may overturn
 - Regular inspections of goalposts must be carried out to check that they are properly maintained.
2. Portable goalposts should not be left in place after use. They should be dismantled and removed to a place of secure storage.
3. Metal cup hooks on goals were banned in 2007 and match officials have been instructed not to commence matches where such net fixings are evident. Nets should only be secured by plastic arrowhead hooks, Velcro tapes or plastic clips and not by metal cup hooks. Any metal cup hooks should be removed and replaced. New goalposts should not be purchased if they include metal cup hooks.
4. Goalposts which are "homemade" or which have been altered from their original size or construction must not be used. These have been the cause of a number of deaths and injuries.
5. There is no BS/CEN standard for wooden goals and it is unlikely that wooden goals will pass a load or stability test. The FA recommends that wooden goals should be replaced when necessary with compliant metal, aluminium or plastic goalposts. All wooden goals previously tested by independent consultants have failed strength and stability tests.

The FA and BSI, in conjunction with the industry, have developed two standards for goalposts – BSEN 748 (2004) and BS 8462 (2005). It is strongly recommended that you ensure that all goals purchased comply with the relevant standard. A Code of Practice BS 8461 has also been completed and copies of all of these three standards are available from the British Standards Institute. 2013/14 4