



Southdown Football Club HEALTH AND SAFETY POLICY

Southdown Football Club is committed to providing a safe environment for members to train and play.

To minimise the risks to health and safety all managers and coaches will ensure that:

- Member's emergency contact details along with any medical information held by the team manager can be accessed at all training sessions and matches.
- A qualified first aider is present at training and matches. The first aid kit will be stocked with appropriate medical equipment and will be replenished when necessary.
- A telephone or access to a telephone will be available in the event of a medical emergency.
- In the event of an accident or incident an accident/incident form is completed and referred to the Club Secretary.
- That members wear shin pads in all training/match situations, that all jewellery is removed and no-one is chewing gum.
- Members are collected by an appropriate adult at the end of every session or, in the case of older children, parental permission has been obtained for a member to walk home.
- The playing surface, (indoors and outdoors), is checked for any hazards prior to a match or training taking place.
- That equipment is not damaged or defective in any way that could cause injury or harm to members and is suitable for use in relation to the age of the participants.
- That all equipment is erected and dismantled with due regard to the health and safety of others.
- Adults, (parents/managers/coaches), will refrain from joining in matches with members where there is the potential for physical contact and subsequent risk of injury to members
- FA CRB Unit checks are undertaken for all managers, coaches and volunteers working with children.
- All Coaches, players and parents will sign up to the appropriate Southdown FC code of conduct and will abide by them at all times
- All Coaches, players and parents will be made aware of all other club policies and procedures which are appropriate to them

Goalpost Safety Guidelines

The Football Association, along with the Department for Culture, Media and Sport, the Health and Safety Executive and the British Standards Institution, would like to draw your attention to the following guidelines for the safe use of goalposts. Too many serious injuries and fatalities have occurred in recent years 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.

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 by the use of chain anchors or appropriate anchor weights to prevent them from toppling forward.

It is essential that under no circumstances should children or adults be allowed to climb, swing on or play with the structures of the goalposts. Particular attention is drawn to the fact that if not properly assembled and secured, portable goalposts may topple over.

Regular inspections of goalposts should be carried out to check that they are kept properly maintained. Portable goalposts should not be left in place after use. They should be dismantled and removed to a place of secure storage.

It is strongly recommended that plastic hooks should only secure nets or tape 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, which cannot be replaced.

Goalposts which are "home made" or which have been altered from their original size or construction should not be used. These have been the cause of a number of deaths and injuries.

Guidelines to prevent toppling – follow manufacturer's guidelines in assembling goalposts.

Before use, adults should:

1. Ensure each goal is anchored securely in its place
2. Exert a significant downward force on the cross bar
3. Exert a significant backward force on both upright posts
4. Exert a significant forward force on both upright posts

These must be repeated until it is established that the structure is secure. If not, alternative goals/pitches must be used.

REMEMBER TO USE ALL EQUIPMENT, NOT JUST GOALPOSTS, SAFELY AT ALL TIMES.