



HEATON HAWKS FC

An FA Charter Standard Community Club



HEALTH & SAFETY POLICY

Heaton Hawks FC (the “Club”) is committed to a safe environment for all players, coaches and other volunteers. We will promote standards of health, safety and welfare within football and will ensure compliance with all relevant statutory provisions. The Club will ensure that suitable and sufficient risk assessments are carried out, that procedures and safe systems are implemented in accordance with all current statutory provisions and that all reasonable and practical measures are taken to avoid risk. Safe practices will be adopted and continuous improvement will be sought through regular reviews.

Appropriate instruction and training will be provided together with adequate resources to ensure that the successful management of health and safety is carried out within the Club and that this policy is collectively implemented. This policy together with arrangements and procedures, will be reviewed regularly and revised and updated as necessary.

To support our Health & Safety Policy statement we are committed to the following duties:

- Undertake regular risk assessment of the activities undertaken by the Club
- Create a safe environment by putting health and safety measures in place as identified
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on maturity, age and development
- Ensure that all members are aware of, understand and follow the Club’s health and safety policy
- Ensure that accident procedures and reporting requirements are in place and known by all members
- Goals are erected or moved and maintained in accordance with Football Association Guidelines
- Any equipment used during training and official matches is well maintained and fit for purpose
- Provide access to adequate first aid facilities, including a defibrillator in the clubhouse and ensure that a qualified first aider attends matches
- Report any injuries or accidents sustained during any Club activity that are not minor
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness

Club member’s duties:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do
- Co-operate with the club on health and safety issues
- Correctly use all equipment provided by the Club
- Not interfere with or misuse anything provided for your health, safety or welfare

Safety briefing for junior members:

It is important to brief members of their responsibilities for protecting themselves and others against injury or harm. They should be encouraged to enjoy the sessions without being subject to risk. Ensure that all participants:

- Wear the correct football clothing e.g. shin pads, boots appropriate for the playing surface etc
- All clothing and protective clothing fits correctly and laces are done up properly
- Remove all jewellery, chewing gum etc.
- Are familiar with the environment in which they are playing, point out any potential hazards / obstructions
- Report any damage to equipment to the person in charge
- Always listen to instruction
- Always bring a drink to every session
- Warm up so they are ready for exercise
- Ensure that you stretch / cool down adequately after the training session or match