



Rainhill Town Football Club

Established 1970

Club Chairman: Neil Thompson

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Rainhill Town Football Club

Health & Safety Policy produced by Stuart Routledge (NEBOSH NGC)

1. Purpose of the Policy

This policy sets out how the club protects the health, safety, and welfare of all players, coaches, volunteers, match officials, parents/guardians, and visitors. It applies to all club activities, including training sessions, matches, travel, social events, and use of facilities.

2. Club Responsibilities

The club will:

- Maintain a safe environment for football activities, ensuring pitches, equipment, and facilities are fit for purpose.
- Ensure all coaches and volunteers understand their responsibilities for safeguarding, first aid, and safe conduct.
- Provide appropriate first-aid equipment and ensure at least one trained first-aider is present at all sessions and matches.
- Record and review all accidents, injuries, and near-misses.
- Follow FA, league, and local authority guidance on health, safety, and safeguarding.
- Ensure risk assessments are completed for training venues, match pitches, and any club-organised events.
- Promote a culture where safety concerns can be raised without hesitation.

3. Player Responsibilities

Players across all teams, including U18s, must:

- Follow instructions from coaches and officials.
- Use equipment safely and report any damage or hazards immediately.
- Warm up and cool down properly to reduce injury risk.
- Wear appropriate footwear, shin pads, and any other required protective equipment.
- Avoid dangerous play, violent conduct, or behaviour that puts others at risk.
- Inform coaches of injuries, illnesses, or medical conditions that may affect participation.

4. Safeguarding and U18 Youth Team

The club recognises its duty of care to all young people and will:

- Appoint a Club Welfare Officer (CWO) responsible for safeguarding and DBS checks.
- Ensure all coaches and volunteers working with U18s hold valid DBS clearance and appropriate FA qualifications.
- Require parental/guardian consent for participation, travel, photography, and medical treatment.
- Ensure U18s are never left unsupervised at training or matches.
- Follow FA guidelines on changing rooms, mixed-age training, communication, and online safety.
- Promote a safe, inclusive environment free from bullying, discrimination, or harassment.

5. First Aid and Medical Provision

- A stocked first-aid kit must be available at all training sessions and matches.
- At least one qualified first-aider must be present at all club activities.
- Emergency contact details for all players (including parental contacts for U18s) must be accessible to coaches.

- Serious injuries must be reported to the league and governing bodies as required.
 - Concussion protocols must be followed, including immediate removal from play and medical clearance before returning.
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6. Equipment and Facilities Safety

The club will:

- Inspect pitches before every session for hazards such as holes, debris, waterlogging, or unsafe goalposts.
- Ensure goalposts meet FA safety standards and are securely anchored.
- Maintain training equipment (balls, cones, bibs, nets) in safe condition.
- Ensure changing rooms and toilets are clean, accessible, and appropriate for youth players.

7. Weather and Environmental Conditions

Activities will be modified or cancelled when conditions pose a risk, including:

- Lightning or severe storms
- Extreme heat or cold
- Unsafe pitch conditions
- Poor visibility
- Air quality concerns (e.g., smoke, pollution)

Coaches must use caution and prioritise player welfare at all times.

8. Transport and Travel

For adult teams and U18s:

- The club does not permit coaches or volunteers to transport U18 players alone unless agreed in writing by parents/guardians.
- Parents/guardians are responsible for safe travel arrangements unless the club organises transport.
- Seatbelts must be worn at all times when travelling in vehicles.

- Risk assessments will be completed for organised trips or tournaments

9. Behaviour, Conduct, and Welfare

All members must:

- Treat others with respect and uphold the club's code of conduct.
- Avoid abusive, threatening, or discriminatory behaviour.
- Report concerns about welfare, bullying, or misconduct to the Club Welfare Officer.
- Support a positive, inclusive environment for all ages and abilities

10. Incident Reporting and Review

- All injuries, accidents, and near-misses must be recorded in the club's incident log.
- Serious incidents must be reported to the league, FA, and relevant authorities.
- The committee will review incidents regularly to improve safety practices.
- This policy will be reviewed annually or after any major incident.

11. Policy Approval

This Health & Safety Policy is approved by the Club Committee and applies to all members from the date of adoption.

Signed:

Club Chair: _____

Date: _____
