



## **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.
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### **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.
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- 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.
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- 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: \_\_\_\_\_

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