

Cumbernauld Colts Football Club



Health & Fire Safety Policy



Cumbernauld Colts Football Club is committed to a safe environment for all players, volunteers (all levels) and coaches. It 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 audits and 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, recorded risk assessment of the premises used by the club and all activities undertaken by the club.
- › Create a safe environment by putting health & safety measures in place as identified by the assessment.
- › Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- › Ensure that all members are aware of, understand and follow the club's health & safety policy.
- › Appoint a competent club member to assist with health and safety responsibilities.
- › Ensure that normal operating procedures and emergency procedures are in place and known by all members.
- › Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- › Report any injuries or accidents sustained during any club activity.

- › Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

It is important to brief junior members on their responsibilities for protecting themselves and others against injury or harm. They should be encouraged to enjoy the sessions and enjoy new experiences without being subject to high risks.

Ensure that all participants:

- › Wear the correct football clothing/footwear for the conditions & surface e.g. rainwear, boots for grass, moulded or training shoe for astro turf.
- › Wear the correct protective clothing e.g. shin pads.
- › 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 obstructions or hazards.
- › Report any damage to equipment to the person in charge.
- › Warm up so that they are ready for exercise.
- › Always listen to instructions.
- › Bring a drink with them to every session (if not provided by the team).
- › In the sun wear a hat, long sleeved T-shirt, high protective sun cream.

It is the responsibility of the club committee to ensure that all members and staff understand the basic fire precaution arrangements and procedures.

- › The location of fire alarms and how to use them.
- › The location of fire exits.
- › The location of assembly points.
- › The location of fire extinguishers and firefighting equipment.
- › On discovering a fire, the nearest fire alarm must be activated. Do not attempt to tackle the fire unless safe to do so (i.e. the fire can be quickly extinguished with the minimum of risk to self).

If evacuation is necessary it is important to remember the following rules:

- › Do not panic keep a clear head.
- › Raise the alarm and call the fire services.
- › Do not stop to collect personal belongings or allow others to do so.
- › No heroics people before property.
- › Close doors behind you.
- › Where possible use the nearest fire exit.
- › Take all registers and once at the assembly point account for all participants and coaches.
- › Do not re-enter the building or allow others to do so until instructed by the Fire Officer in charge.
- › Record any incident or injury and complete an incident/accident form.