

# Lowick United FC

Health and Safety



**Caring for the safety and welfare of our members is of vital importance; in particular we have a duty of care to our junior members. Returning players to their parents and carers healthy and, whenever possible, happy is ultimately more important than success in competition or any other objective. By following a few common sense routines and checks we will be taking reasonable measures to look after the young people in our care.**

## Checklist

- ✓ Do you know who the qualified first aider is for your match or training session?
- ✓ Do you have access to a first aid kit?
- ✓ Do you have a current contact list with medical alerts?
- ✓ Do you have easy access to a telephone

## Check the Equipment

- ✓ Take a look over the playing surface checking for hazards (glass, metal, dog dirt etc)
- ✓ Are the goal posts secure? It's your responsibility even if you are not first to use the pitch
- ✓ Check that all the equipment you are going to use is in reasonable condition and does not pose a danger

## Check the Players

- ✓ Ask if there are any injuries or illness you should know about
- ✓ Make sure nobody is chewing gum (choking hazard)
- ✓ Has all jewellery been removed?
- ✓ Players should be wearing shin-pads unless in unopposed practices

## Additional Precautions

- ✓ Avoid obvious mismatches of players in terms of size and strength in opposed practices and games
- ✓ Supervise players departure from the venue
- ✓ Fill in an incident report in all cases of injury

These checks are not just for passing course assessments they should become our routine practice.