

## **Cardiff City HOS Walking Football Club**

### **Safety Guidelines**

#### **1. General Safety Measures:**

- Conduct a safety inspection of the playing area before each session.
- Ensure the playing surface is suitable and free from hazards such as uneven ground, debris, or slippery surfaces.
- Provide adequate lighting for indoor or evening sessions to enhance visibility.
- Ensure all players have provided emergency contact details.

#### **2. Player Equipment:**

- Encourage all players to wear appropriate sports footwear appropriate to the surface being played on.
- Ensure players wear shin guards to minimise the risk of injury.
- Emphasise the importance of wearing comfortable clothing and appropriate sportswear.

#### **3. Warm-Up and Cool Down:**

- Begin each session with a comprehensive warm-up to prepare muscles and joints.
- Incorporate stretching exercises to improve flexibility and reduce the risk of strains.
- Encourage players to cool-down routine to promote muscle recovery and flexibility.

#### **4. Medical Screening:**

- Require all players to declare any pre-existing medical conditions.
- Encourage individuals with pre-existing health conditions to consult with their healthcare providers before participating.

#### **5. First Aid and Emergency Procedures:**

- Have, or be aware of the location of, a well-equipped first aid kit on-site always.
- Note the location of defibrillator kit, if available, at any session.
- Ensure at least one designated person per session is trained in basic first aid.
- Establish clear emergency procedures, including the location of emergency exits and assembly points.

#### **6. Hydration:**

- Promote regular hydration during sessions.
- Encourage players to bring water bottles and take breaks for hydration as needed.

## **7. Weather Considerations:**

- Monitor weather conditions and consider cancelling or rescheduling sessions in extreme weather, such as snow, heavy rain, thunderstorms, or excessive heat.

## **8. Communication:**

- Establish clear channels of communication for disseminating important information to club members.
- Keep participants informed about any changes to schedules, venues, or safety protocols.

## **9. Insurance:**

- Clearly communicate any insurance details arranged by the club to participants and the extent of cover provided.

## **10. Review and Update:**

- Regularly review and update safety guidelines in response to any incidents or changes in circumstances.
- Seek feedback from participants to continuously improve safety measures.

**By adhering to these safety guidelines, we aim to create a secure and enjoyable environment for all members of our walking football club.**