



T1D Youth Football Club

Health and Safety Policy

Updated: 1st March 2025

Introduction

T1D Youth Football Club (T1DYFC), based in Colchester, Essex, recognises its duty of care to all players, parents, volunteers, and visitors. We are committed to providing a safe and healthy environment for everyone involved in our club activities, ensuring compliance with all relevant statutory health and safety provisions. We will promote best practices in health and safety and maintain high standards through regular audits and reviews.

Our Commitment

T1DYFC is committed to:

- Providing and maintaining a safe and healthy playing, training, and volunteering environment.
- Undertaking regular, recorded risk assessments of all venues where activities are held.
- Implementing appropriate health and safety measures identified through risk assessments.
- Providing information, instruction, training, and supervision to ensure all volunteers perform their roles safely and effectively.
- Ensuring that all volunteers are aware of the hazards and risks related to their activities.
- Safeguarding the health, safety, and welfare of our players, volunteers, and the general public.
- Checking and maintaining all equipment to ensure it is safe and fit for purpose.



Health and Safety Policy

Risk Assessments

We will carry out risk assessments prior to all training sessions, matches, and events. The risk assessment process involves:

1. Identifying hazards.
2. Deciding who might be harmed and how.
3. Evaluating the risks and deciding on appropriate precautions.
4. Recording findings and implementing actions.
5. Reviewing and updating assessments regularly.

Risk assessments help minimise risks and protect all participants.

First Aid

T1DYFC will provide suitable first aid equipment, facilities, and trained personnel.

- All coaches must complete an Emergency First Aid course.
- Every team will be issued a first aid kit, which will be checked regularly, and restocked as necessary.
- In case of injury, immediate appropriate first aid will be administered on site.

Accident Reporting

- All major injuries or accidents must be reported to the Club Welfare Officer (CWO) as soon as possible.
- Minor injuries should be recorded at the coach's discretion.
- Accident reports will be reviewed to understand the cause and prevent future occurrences where possible.



Health and Safety Policy

Working Environment

We aim to ensure all playing and training environments are safe by:

- Keeping areas clean, tidy, and free from hazards.
- Cleaning any spillages immediately.
- Removing waste materials and rubbish routinely.
- Keeping walkways and passageways clear.
- Avoiding trailing cables or other trip hazards.

Responsibilities of Volunteers and Staff

All T1DYFC staff and volunteers must:

- Take reasonable care for their own health and safety and that of others.
- Follow all health and safety procedures.
- Use equipment safely and correctly.
- Attend health and safety training where required.
- Report any accidents, unsafe practices, or hazards immediately to the Club Secretary or Welfare Officer.
- Cooperate fully with the club on all health and safety matters.

Review and Updates

This Health and Safety Policy will be reviewed regularly and updated as the club grows or as activities change, ensuring that our duty of care is maintained at all times.

T1D Youth Football Club Committee
Colchester, Essex



Training and Match RAMS (Risk Assessment and Method Statement)

Club Information

- **Club Name:** T1D Youth Football Club (T1DFC)
- **Training Venue:** Wivenhoe 4G Pitch, University of Essex
- **Match Venue:** Shrub End Sports Centre (Grass Pitches) Time TBC
- **Training Time:** Saturday 10:00 AM - 11:30 AM

Coach Qualifications

- All coaches are DBS checked.
- All coaches are trained in First Aid in Football (IFAiF)
- All coaches have completed Safeguarding Children Course
- UEFA C Licence
- Introduction to Coaching Football
- Sudden Cardiac Arrest
- Concussion Guidelines

Risk Assessments

Training Sessions - Wivenhoe 4G Pitch

Hazard	Risk	Who is at Risk	Control Measures	Residual Risk
Slips, trips, and falls	Minor injury	Players, coaches	Pre-session pitch inspection, correct footwear advised	Low
Collision with equipment	Injury	Players	Secure goals, pad equipment, warn players	Low
Extreme weather	Illness/injury	Players, coaches	Appropriate clothing, hydration, monitor weather	Low
First Aid / Injury	Delay in treatment	Players	First Aid kit available, trained staff present	Low
Safeguarding	Harm to welfare	Players	DBS checks, two-adult rule, open-view policy	Low



Training and Match RAMS (Risk Assessment and Method Statement)

Matches - Shrub End Sports Centre

Hazard	Risk	Who is at Risk	Control Measures	Residual Risk
Uneven ground	Trips, falls	Players, referees	Pitch inspection, unsafe areas marked/reported	Low
Goalposts	Injury	Players	Secure and stable goals, no climbing	Low
Adverse weather	Illness/injury	Players, coaches	Monitor conditions, postpone if necessary	Low
Spectator control	Injury, safeguarding	Players, spectators	Clear touchlines, CWO present	Low
Traffic hazards	Injury	Players, parents	Safe parking advice, supervision	Low

Emergency Procedures

- Call 999 for major injuries.
- AED locations identified at Wivenhoe University and Shrub End Pavilion.
- Immediate First Aid provided onsite.
- Parents/guardians informed.
- Incident reports completed and reviewed.

Method Statement

- **Arrival:** Coaches arrive 30 mins early for setup.
- **Setup:** Inspect and prepare pitch, check goals and equipment.
- **Briefing:** Players briefed on rules, safety, and session plan.
- **During Session:** Constant supervision and encouragement of safe play.
- **Post-Session:** Equipment safely packed away, players handed back to guardians.

Signed: T1D Youth Football Club Committee

1st March 2025