



Minds United Football Club CIC

Unit 12 Latimer Road,
London,
W10 6RQ

07400 100 207
admin@mindsunitedfc.com
www.mindsunitedfc.com

Health & Safety Policy

All persons involved with Minds United FC as a member of staff, a player or a volunteer helper, shall read and understand that they will endeavour to comply with the following club health and safety policy.

1. All persons involved in any event organised by Minds United Football Club shall have and wear the correct clothing and equipment to participate in the event
2. All persons taking part in any event shall have a dry change of clothing that will keep them in a comfortable state
- 3.

The person in charge of the event shall insure that:

1. There is a competent person to administer first aid
2. There is a suitable first aid kit available at the event
3. There is a telephone available for emergency use
4. The full address of the location where the event is taking place is known
5. All participants are fully warmed up and prepared for the event they are to participate in
6. A visual risk assessment should be carried out prior to any event commencing, this will include – ensuring the area to be used and the surrounding area is free from any obstacles, ensuring the equipment to be used is suitable for its intended use ie. goal posts are safe, corner flags are to the correct height, balls etc do not have splits, ensuring that the participants have the appropriate clothing and appropriate equipment.
7. A consent form is required prior to any person participating in an event indicating any medication or allergies which the person may have. This must be signed and dated by the player.
8. In the event of a person receiving an injury, an 'Accident Report Form' is required to be completed. Once this has been completed it is to be given to the Club Secretary.

Goalpost Safety Guidelines

The Football Association, along with the Department for Culture, Media and Sport, the Health and Safety Executive and the British Standards Institution, would like to draw your attention to the following guidelines for the safe use of goalposts.

Too many serious injuries and fatalities have occurred in recent years as a result of unsafe or incorrect use of goalposts. Safety is always of paramount importance and everyone in football must play their part to prevent similar incidents occurring in the future.

For safety reasons goalposts of any size (including those which are portable and not installed permanently at a pitch or practice field) must always be anchored securely to the ground. Portable goalposts must be secured by the use of chain anchors or appropriate anchor weights to prevent them from toppling forward.

It is essential that under no circumstances should anyone be allowed to climb, swing on or play with the structures of the goalposts. Particular attention is drawn to the fact that if not properly assembled and secured, portable goalposts may topple over.

Regular inspections of goalposts should be carried out to check that they are kept properly maintained. Portable goalposts should not be left in place after use. They should be dismantled and removed to a place of secure storage.

It is strongly recommended that plastic hooks should only secure nets or tape and not by metal cup hooks. Any metal cup hooks should be removed and replaced. New goalposts should not be purchased if they include metal cup hooks, which cannot be replaced.

Goalposts which are "home made" or which have been altered from their original size or construction should not be used. These have been the cause of a number of deaths and injuries.

Guidelines to prevent toppling – follow manufacturer's guidelines in assembling goalposts. Before use, adults should:

1. Ensure each goal is anchored securely in its place
2. Exert a significant downward force on the cross bar
3. Exert a significant backward force on both upright posts
4. Exert a significant forward force on both upright posts

These must be repeated until it is established that the structure is secure. If not, alternative goals/pitches must be used. For reference, you should note that The FA and BSI have developed a standard for future purchases (PAS 36:2000), available from BSI. It is hoped this will be developed into a full British Standard in due course.

REMEMBER TO USE ALL EQUIPMENT, NOT JUST GOALPOSTS, SAFELY AT ALL TIMES.