

**HEALTH & SAFETY**

# **POLICY 2025**

**EDITION 1**  
**JANUARY 2025**





# Health & Safety Policy 2024/25

## Our Health & Safety Policy

### 1. Introduction

Goal Stars is committed to ensuring the health, safety, and well-being of all participants, staff, and visitors during our coaching sessions, kids' parties, and events. This policy outlines our approach to health and safety management in all areas of our operations, including 1:1 coaching, small group coaching, and large-scale events.

### 2. Responsibilities

#### 2.1 Management Responsibilities:

- Ensure compliance with all health and safety legislation.
- Conduct regular risk assessments and implement necessary control measures.
- Provide necessary training and resources to staff.
- Maintain accurate records of accidents, incidents, and near misses.
- Review and update this policy annually or as required.

#### 2.2 Staff and Coach Responsibilities:

- Follow all health and safety guidelines and procedures.
- Report any safeguarding issues as outlined in the most recent Safeguarding Policy.
- Report hazards, accidents, and incidents to management immediately.
- Use provided personal protective equipment (PPE) where necessary.
- Ensure safe use and maintenance of equipment.

#### 2.3 Participants and Parents/Guardians Responsibilities:

- Follow instructions from coaches and staff.
- Inform staff of any medical conditions or allergies before participation the the online medical declaration form.
- Ensure appropriate clothing and footwear are worn.
- Ahere to all Goal Star policies and guidance at all times.



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### 3. Risk Assessments

Risk assessments will be conducted before each activity, covering - venue, equipment, weather conditions, and participant needs. Hazards will be identified, and appropriate control measures will be put in place. Risk assessments will be reviewed regularly and updated as necessary.

### 4. First Aid and Medical Emergencies

First aid kits will be available at all Goal Stars activities. At least one staff member with up-to-date first aid training will be present at all sessions and events. In case of a medical emergency, emergency services will be contacted immediately, and parents/guardians will be informed as soon as possible. Records of injuries and treatments will be maintained within the Goal Stars Accidents and Incidents Log.

### 5. Safeguarding and Child Protection

All staff working with children must have an up-to-date DBS check. Any safeguarding concerns must be reported as set out in the most recent version of the Goal Stars Safeguarding Policy. Parents/guardians must provide emergency contact details before participation and complete a medical disclaimer prior to attending the event.

All sessions will follow appropriate adult-to-child ratios to ensure supervision and safety as outlined in the Companies insurance schedule.

### 6. Equipment and Facility Safety

All equipment will be regularly inspected for safety and suitability. Damaged or faulty equipment will be removed from use immediately. Venues will be checked before use to ensure they meet safety standards, this includes appropriate signage displayed where necessary (e.g., wet floor signs, emergency exits).



## 7. Fire Safety

Fire exits and evacuation procedures will be communicated at the start of each event or session.  
Staff will be trained on fire safety and evacuation procedures.  
Fire drills will be conducted periodically where applicable.  
No open flames or hazardous materials will be used in activities unless properly risk assessed.

## 8. Hygiene and Infection Control

All participants and staff must follow good hygiene practices, including handwashing before and after sessions.  
Shared equipment will be cleaned and sanitized regularly.  
Any participant displaying symptoms of illness should not attend sessions.  
In the event of an infectious disease outbreak, Goal Stars will follow government health guidelines.

## 9. Extreme Weather Policy

Outdoor sessions may be canceled or postponed in extreme weather conditions (e.g., heavy rain, lightning, extreme heat, snow).  
Decisions will be communicated to participants as early as possible.  
Adequate hydration and shaded rest areas must be provided by parents at every session. Goal Stars will provide extra provision in the event of extreme heat that is deemed safe to continue.

## 10. Manual Handling

Staff must follow safe manual handling techniques when setting up or moving equipment.  
Where necessary, trolleys or lifting aids should be used.  
Participants should not lift or carry heavy objects unless supervised.

## 11. Transport and Travel Safety

If transportation is arranged by Goal Stars, vehicles will be roadworthy and driven by qualified, insured drivers.  
Parents/guardians must provide written consent for any travel arrangements involving minors.  
Seatbelts must be worn at all times during travel.

## 12. Emergency Procedures

Emergency procedures will be communicated to all staff and participants.  
Contact details for emergency services will be readily available at all event locations.  
In the event of an emergency, staff will follow the Goal Stars emergency response plan.

## 13. Review and Updates

This policy will be reviewed annually or whenever there are significant changes to operations or regulations.  
Any updates will be communicated to staff and participants.

For more information or to report a health and safety concern, please contact [help@goal-stars.co.uk](mailto:help@goal-stars.co.uk)



[WWW.GOAL-STARS.CO.UK](http://WWW.GOAL-STARS.CO.UK)

1:1 Professional Coaching | Children's Parties | Group Football Coaching