

ROSE HILL YOUTH FC



RISK ASSESSMENT

IN CONJUNCTION WITH HEALTH AND SAFETY WITH GRASSROOTS FOOTBALL



INTRODUCTION

This document has been produced to supply all ROSE HILL YOUTH Teams with advice and guidance on the risks and hazards that you may experience within the football season.

Working with FA guidance we have supplied this document to support our club with health and safety, and risk assessments for the day to day running of your team.

The document looks to identify regular hazards that you may come across, but it must be understood that this is only provided as guidance rather than policy



GOALPOSTS

Too many serious injuries have occurred in recent years because 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.

Below we highlight the hazards and the steps to take to reduce risk:

WHAT ARE THE HAZARDS?

Permanent goal posts

Temporary goal posts

WHO MIGHT BE HARMED?

Players, Officials, Members of the Public.

HOW MIGHT THEY BE HARMED?

Goalposts may collapse, paint splinters caused by rust, members of the public climbing on them and falling. Fixing nets with metal cup hooks.

Goalposts have a stronger possibility of collapse. Fixing nets with metal cup hooks.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

Follow QUK and BSI guidelines when purchasing goals and do not use goals with metal cup hooks.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Referee should clear the posts safe prior to play.

When they are not in use, put away and store.

RISK FACTOR

Medium / High Risk



WEATHER

Although not something we can control, the weather conditions can also cause serious injury. It is paramount that we try to be prepared as possible for any weather condition that may occur.

The priority should be the safety of individuals and all persons should be as protected as possible. Below are ways in which extreme weather conditions can be handled:

WHAT ARE THE HAZARDS?

Extreme weather conditions.

WHO MIGHT BE HARMED?

Players, Officials, Members of the Public.

HOW MIGHT THEY BE HARMED?

Extreme weather conditions can cause a huge variety of risks, such as flooding, frost, snow.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

Make sure the ground is safe to play and is inspected by the groundsman prior to games and training.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Referee and club officials should call off the fixture or training session if extreme weather is expected.

RISK FACTOR

Low / Medium Risk



STATE OF THE PITCH

Often with external factors, the state of the pitch can also cause harm or injury to those involved. Although we are limited to the ways we can manage this at grassroots level, there are precautions that we can take to reduce the risk to our players and volunteers.

Below are ways we can try to manage this situation:

WHAT ARE THE HAZARDS?

Uneven ground, presence of potholes/objects, surrounding area.

WHO MIGHT BE HARMED?

Players, Officials, Members of the Public.

HOW MIGHT THEY BE HARMED?

Injury sustained due to poor pitch or weather conditions.

Failure to identify potential hazards or objects

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

The pitch should be checked by the referee prior to any training or games.

The surrounding area should be checked for objects that may cause bodily injury e.g. bottles or glass.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

The pitch and surrounding area should be checked before each event by the organisers/club officials.

RISK FACTOR

Medium / High Risk



FOOTBALLS

The game of football cannot be played without a ball, but it is important to ensure that the football being used isn't going to cause harm to any players, coaches, officials or supporters.

Although only a low risk, the injury that can be sustained by a football can sometimes have a large impact going forward.

Below we highlight ways in which to reduce the possible hazards and risks:



WHAT ARE THE HAZARDS?

Too hard/ damaged leather

WHO MIGHT BE HARMED?

Players, Officials, Members of the Public.

HOW MIGHT THEY BE HARMED?

Struck with the ball at force.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

The balls should be checked by Referee/Match Official/Coaches prior to games or training.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Make sure all balls are pumped to correct pressure, as per the manufacturer's guidelines. When leather peels they should be destroyed.

RISK FACTOR

Low Risk



FOOTWEAR

In the modern game of football there are several different surfaces that the game is now played on however, not all these surfaces are suitable for the same footwear.

To ensure the safety of all involved, it is important to ensure that players and coaches are wearing the correct footwear for the surface.

Below introduce ways in which this can be managed:

WHAT ARE THE HAZARDS?

Sharp studs

WHO MIGHT BE HARMED?

Players.

HOW MIGHT THEY BE HARMED?

Laceration to other players.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

The referee should check prior to all matches that sharp studs are not worn.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Club officials should check to make sure that studs their players are wearing appropriate footwear for the surface. Players should regularly check their studs.

RISK FACTOR

Low Risk

JEWELLERY

The wearing of jewellery is often overlooked as it is seen as a low risk however, it is important to highlight the risks involved.

It is accepted that jewellery is often worn in regular day to day life, but it is imperative that we ensure the safety of players, officials, volunteers, and spectators within a sporting environment.

Below we highlight precautions to take in relation to the wearing of jewellery:

WHAT ARE THE HAZARDS?

Loose or sharp jewellery

WHO MIGHT BE HARMED?

Players.

HOW MIGHT THEY BE HARMED?

Strangulation due to loose jewellery or lacerations to Players.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

Club officials should make sure all jewellery has been removed or taped down before any match or training session can proceed.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Referee should check to make sure all jewellery is removed or taped down.

RISK FACTOR

Low Risk



CONDUCT OF PLAYERS

Football is about allowing players to play the game in a fun and safe environment regardless of the level or age of those involved.



To ensure the safety of all involved it is important to ensure that the conduct of players does not put any other person at risk including match officials, volunteers, and spectators.

Below we highlight the risks involved when the conduct of players does not meet Club Codes of Conduct, or does not abide by the Laws of the Game:

WHAT ARE THE HAZARDS?

Dangerous Play, physical violence.

WHO MIGHT BE HARMED?

Players officials, members of the public.

HOW MIGHT THEY BE HARMED?

High aggression on the pitch can cause bodily injury to others, Violence on the pitch may spread to the public.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

The club must play to the QUK rules/guidelines. The referee should caution or send off an overly aggressive player. If it is believed violence could occur the offending players should be cautioned or sent off.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

The club should train their player to tackle correctly and within the QUK rules/guidelines. The club should remove any player from the field of play if behaving in a violent or dangerous manor. Legal action can be taken against a club for not controlling their player.

RISK FACTOR

Very High Risk

INJURIES FROM NORMAL PLAY

Football is a contact sport and injuries are often seen as part and parcel of participating. However, it is important that Clubs and Coaches ensure that all precautions are taken to reduce the likely chances of an injury being sustained.

Below we highlight ways to reduce the risk of injury and the steps to take:

WHAT ARE THE HAZARDS?

Accidental bodily harm.

WHO MIGHT BE HARMED?

Players, Officials, Members of the Public.

HOW MIGHT THEY BE HARMED?

Injuries to players is a regular occurrence and should be taken very seriously. Injuries to members of the public on the side-lines are less common however still a fairly regular occurrence.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

Players should warm up and cool down correctly. If a serious injury should happen a first aid worker should be first at the scene.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

If you are in any doubt about the severity of an injury and you believe it could be life threatening contact the emergency services on 999.

RISK FACTOR

Very High Risk



DEHYDRATION AND EXHAUSTION

It is hugely important to ensure that all players are hydrated both in training and match day environments. If undealt with, dehydration and exhaustion can have huge impacts on a player's health.

Below are the risks involved with dehydration and exhaustion, and steps to take to reduce the risk involved or the likeliness of this happening:

WHAT ARE THE HAZARDS?

Bodily injury.

WHO MIGHT BE HARMED?

Players.

HOW MIGHT THEY BE HARMED?

Players may risk long term serious health problems if not dealt with in time.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

Club officials must always provide bottles of water.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Players should be advised to bring additional water to games and training

RISK FACTOR

High Risk



PUBLIC PROXIMITY TO PITCH

As a Club it is essential to ensure the safety of all in attendance to a game, including the spectators.

A way to ensure you have taken precaution is to manage the public proximity to the pitch. This can be done using RESPECT barriers for example, but other options are highlighted below:

WHAT ARE THE HAZARDS?

Players colliding with the public.

WHO MIGHT BE HARMED?

Players, Officials, Members of the Public.

HOW MIGHT THEY BE HARMED?

Players may collide with members of the club or public whilst running at speed.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

Members of the public must be a minimum of 2 meters from the edge of the sidelines, further back than 3 meters is recommended at most clubs.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

The assistant referee can insist that members of the public are to move back to his/her choosing with full support from the club.

RISK FACTOR

High Risk



STRUCTURES & CAGES

There are several facilities around the grounds, Community centre and parks that need to take into consideration as hazards.

It is important to ensure the structures/cages being used, are used in the correct and safe manner.

Below we highlight the risks involved and precautions to take:

WHAT ARE THE HAZARDS?

Players and public liability.

WHO MIGHT BE HARMED?

Players, officials, and members of the public.

HOW MIGHT THEY BE HARMED?

Players may fall over or crash into structures/cages

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

The cage to be a minimum of 2 meters from the edge of the pitch.
Structures are not to be fixed within 2 meters of the side-line.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Warn all players prior to participating that the structure is near the pitch side.
Players to wear long sleeve tops & bottoms if Participating inside the cage.

RISK FACTOR

High Risk



BLOOD SPILLAGE

As a contact sport, players always run the risk of picking up an injury or open wound during a fixture and although not common, it is again important to ensure that all precautions have been put into place in order to protect a player wherever possible.

Blood loss can have a big impact on a person's life, and it is because of this that the safety of players, officials and volunteers must be priorities.

Below we highlight the hazards involved and some precautionary steps that can be made:

WHAT ARE THE HAZARDS?

Blood loss.

WHO MIGHT BE HARMED?

Players and Officials.

HOW MIGHT THEY BE HARMED?

Lacerations may cause excessive blood loss.

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

First aid kit should be available to all players.

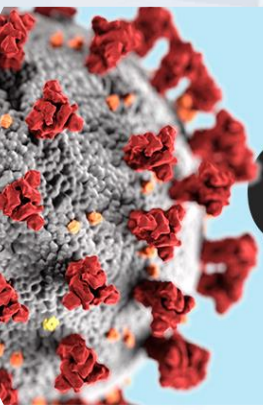
FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

First aid training to deal with such incidents.

RISK FACTOR

Medium Risk





COVID-19

CORONAVIRUS PANDEMIC

Due to the recent Covid-19 coronavirus pandemic it is important to ensure that all precautions have been put into place to protect everyone involved in grassroots football wherever possible.

Covid-19 can have a big impact on a person's life, So the health and safety of players, officials, members of the public and volunteers must always be a priority.

Below we highlight the hazards involved and precautionary steps that can be made:

WHAT ARE THE HAZARDS? Spreading Covid-19

WHO MIGHT BE HARMED? Players and Officials and members of the public

HOW MIGHT THEY BE HARMED? Becoming ill/passing on Covid-19

MEASURES IN PLACE TO CONTROL THE RISK AND PROTECT PERSONS

Everyone to self-assess for covid-19 symptoms before attending & ANYONE showing symptoms or been in contact with someone who has/showing signs of Covid-19 MUST inform RHYFC ASAP so we can inform ALL teams & NHS track & trace system

Training/Matches groups with up to 30 people (including coaches)

Provide hand sanitiser (before/during & after)

Everyone to keep socially distance 2 meters AT ALL TIMES.

Spectators to socially distance in no more than 6 people in groups.

1 Adult to supervise a child for the whole session, **NO** child to be left unsupervised (1coach:2children)

NO sharing of equipment e.g. kit, bibs, gloves. **NO** water bottles to be provided

Limit hand to ball contact, use feet where possible.

NO unnecessary player contact (handshakes, celebrations etc.)

TRAVEL: NO lift/car sharing walk cycle where possible, minimise public transport

FIRST AID: By a member of child's household OR coaches must: Sanitise- wear gloves - mask- dispose - re-sanitise

INTERNATIONAL TRAVEL: Anyone arriving back to the UK from ANY of the government quarantine list (on day of return) must be reported ASAP to coaches & RHYFC, self-isolate from ALL training/events for 14 days upon the day of return.

FURTHER ACTIONS REQUIRED TO MINIMISE THE RISK

Only coaches to touch equipment & clean in between/after each use. Coaches to keep attendance record for NHS track & trace system and inform RHYFC if a case is reported. Share rules set out by RHYFC with club officials/parents/guardians.

RISK FACTOR

Medium/High Risk



For further information please contact:



Kevin Juggins - Chairman
07545977094
kevinjuggins@gmail.com

www.rosehillyouthfc.com



@rosehill_fc



rhyfc_



Rose Hill Youth FC