

# **Bedford Ladies and Girls Football Club**

## **Health and Safety Policy Statement**

“**Bedford Ladies and Girls Football Club** is strongly committed to encouraging our players to take part, but the health, well-being and safety of each individual is always our paramount concern.”

## **Health and Safety Policy**

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all players are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all players, parents, coaches and club officials are aware of, understand and follow the club’s health and safety policy (including any emergency plans).
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

### **All players and coaches have a duty to:**

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Cooperate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

### **FIRST AID**

- All Coaches are issued with a First Aid Kit, which should be brought to every match, training sessions and tournament.
- All Coaches should hold as a minimum ‘The FA Level 1 Introduction to First Aid in Football’, which is renewed every three years. This course goes beyond generic first aid and includes elements specific to football. The FA also accept a certain number of non-FA medical certificates instead of the Level 1 course.

### **EMERGENCY PLAN**

- An emergency plan is in place for all matches at Allen Park. All coaches should keep a copy of this plan with their first aid kit plus a spare to hand to the opposing team on request.
- Copies of this plan are positioned in the changing rooms and the kitchen at Allen Park.