



Kent's Premier American Football Team Since 1990

Health & Safety Policy

www.kentexiles.co.uk

Amateur Club – Professional Outlook

Playing at Senior, Youth, Junior and Flag Age Groups

Date: 13/04/2014

Page No:1



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Introduction

The Kent Exiles American Football Club Management are committed to running the club within guidelines set out by the National Governing Body (British American Football Association (BAFA) and adhering to guidelines set by various statutory bodies, namely, Health and Safety Executive, Diversity in the workplace and The Equal Opportunities commission.

American Football is a contact sport, however, the policy of the Kent Exiles is to minimise any risks to health and safety, both on and off the field. These policies are listed below.

All persons participating in training sessions or in a game with the Kent Exiles, shall read and understand that they will endeavour to comply with the following club health and safety policy.

- All persons involved in any event organised by Kent Exiles American Football Club shall have and wear the correct clothing and equipment to participate in the event
- All persons taking part in any event shall have a dry change of clothing that will keep them in a comfortable state

The field of play/training sessions

Before the event takes place, all management and coaches should carry out a visual check of the field of play.

There should be no obstacles, obstructions or any kind of debris lying around. Bits of sharp wood, stones or rocks, holes and wet patches should be removed, cleared up or replaced – whichever is the most appropriate.

All boundaries, lines etc. should be clearly marked and you should also ensure that all aspects of safety are extended to the players' changing areas as well, particularly addressing common problems like wet and slippery floors which have been the cause of many a sports related injury.

Some drills or practices may not be safe in wet conditions so you must review this when planning your coaching sessions.

Prior to training/game, Coaches should ensure that the appropriate equipment is provided and worn to ensure a safe environment.

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The person in charge of training or game 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 supply of clean drinking water should be made available so that participants can hydrate accordingly
7. A Parent/Guardian 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 Parent/Guardian
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

Ultimately, any participant in any kind of sport should be fully aware of the safety risks involved within their chosen sport and how they can best prevent accidents or injuries happening to them or, at least, minimise the risk and, whilst this would be true of most athletes, the coach also has a responsibility to ensure that the safety of the participants is continually reinforced so that all of the athletes under his supervision can enjoy their sport safely

Indoor training sessions

If coaching indoors items like radiators and windows should be covered or padded to prevent accidents. Any equipment or apparatus you are going to use should be checked to make sure it is not damaged and is in good condition.

Equipment

All players should endeavour to purchase the appropriate equipment in order to minimise the risk of injury.

All players participating in contact training or games, should have the appropriate pants and padding, this must include a tail pad covering the base of the spine.

Shoulder pads - should fit and the person should be aware of how to secure.

Helmets - should fit and the person should be aware of how to secure

Ensure that the equipment selected provides a good fit, to prevent slipping during play that can compromise the equipment's ability to protect. They should also allow optimum movement, otherwise your throwing, running and catching will be compromised. Two other exposed areas are the hips and elbows, both of which can come off worse from a heavy fall – which is why protection has been specifically designed for these areas.

The Kent Exiles provide some "club Kit" for new players. All equipment is loaned out and is checked frequently to ensure that safety standards are maintained. BAFRA officials will inspect players for tail pads and mouth guards.

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In common with all contact sports, playing American Football does carry with it the risk of injury. However wearing high quality, correctly fitted equipment means the risk factor is greatly reduced without taking anything away from the heat of battle.

Spectators

This Health and safety procedure also covers those areas which are designated for spectators and other personnel and members of the public who will be attending the event but not actually taking part.

Training - members of the public are welcome to attend training, but club management/coaches should ensure that be kept away from the training field and hence safe.

Game - members of the public are welcome to attend games. Club management should ensure that spectators are kept out of the designated playing area by roping off the playing and coaching area.

Other items such as car parking and entrances, should be managed to minimise risks.