



CHIPSTEAD FOOTBALL CLUB

Formed 1936



HEALTH & SAFETY GUIDE



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This set of guidelines is intended for all Managers, Coaches and Referees, to assist them in ensuring a safe playing environment for all our junior and senior playing members.

1. Ground Inspections:

An early arrival is advised to ensure that the pitch is in a suitable condition. Ideally if there has been substantial or torrential rain fall throughout the week before the match, a pitch inspection is recommended to take place the day before.

The following points are recommended:

- a) Check that the pitch and surrounding areas are safe to play on and that there are no dangerous objects (such as broken glass and sharp stones).
- b) Ensure any animal faeces are removed prior to kick off (it is not the referee's job!).
- c) Check the playing area for surface water if there has been substantial pre-match rain. Check if the ball rolls freely or whether the pitch is too boggy. If you think there is a serious risk of injury, call the game off.
- d) Check for sharp divots if the pitch frozen solid. Check if players can safely run and tackle on a hard and slippery surface. If you think there is a risk of someone sustaining a serious injury, call the game off.
- e) Check that all potholes, pit holes and cracks are not too deep or protruding to cause a danger – fill as appropriate with sand.
- f) Portable goals **MUST** be securely anchored to the ground and you must ensure that they **CANNOT** be lifted from the ground. Try to pull or push the goal towards the pitch to see if it lifts.
- g) No metal hooks or attachments must be on the posts or the crossbar. Only plastic net rings are to be used.
- h) Non-portable goalposts must be secure.
- i) Corner flags must be at least 5 foot tall with a rounded top, must have a flag and cannot be made of metal.

- j) Any other obstructions, such as temporary fencing for cricket squares etc., must be a suitable distance from the pitch.

2. Player/Equipment Inspections:

This can be done either prior to the start of the match in the changing rooms or when the players are at the centre circle having the cards checked.

No jewellery can be worn and it cannot be taped. This includes rings, watches, bracelets, chains etc. made of any material. The only exception to this is a flat wedding ring which can be taped if it will not come off.

All hair of shoulder length (and longer) must be tied up in an appropriate and safe manner. Metal clips and/or pins must not be used.

Any player wearing a splint or strapping as a result of an injury should report to the referee to have it checked before the game.

Glasses must be made to a sports standard; they should be made of polycarbonate lenses and held on to the head by an elasticised band to prevent them falling off.

Standard football shin pads must be worn at all times during play.

Footwear must be safe and suitable. When playing at Knole Academy on the 3G pitch only moulded studs and astro trainers are permitted. Metal studs and blades are forbidden. The Referee will do a footwear check prior to the start of each match.

**ALL OF THE ABOVE RECOMMENDATIONS ARE SUBJECT TO THE
REFEREE'S JURISDICTION**

THE REFEREE'S DECISION IS FINAL IN ALL MATTERS