

HESSLE RANGERS CIC

Company Number: 13278227

Directors: R Skelton, A Newton, M Kelsey, G Thompson, PG Bilsdon. Treasurer: J Bilsdon

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www.hesslerangers.co.uk



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CHARTER STANDARD
COMMUNITY CLUB

HEALTH AND SAFETY POLICY

All persons involved with Hessle Rangers CIC as a member of staff, a player or a volunteer helper, shall read and understand that they will endeavour to comply with the following club health and safety policy.

1. All persons involved in any event organised by Hessle Rangers CIC shall have and wear the correct clothing and equipment to participate in the event
2. All persons taking part in any event shall have a dry change of clothing that will keep them in a comfortable state

The person in charge of the event 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 visual risk assessment should be carried out prior to any event commencing, this will include – ensuring the area to be used and the surrounding area is free from any obstacles, ensuring the equipment to be used is suitable for its intended use ie. goal posts are safe, corner flags are to the correct height, balls etc do not have splits, ensuring that the participants have the appropriate clothing and appropriate equipment.
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.

Goalpost Safety Guidelines

Hessle Rangers CIC and the Football Association along with the Department for Culture, Media and Sport, The Health and Safety Executive and The British Standards Institution would like to draw attention to the following guidelines for the safe use of goalposts. Too many serious injuries and fatalities have occurred in recent years as a result 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

1. For safety reasons goalposts of any size (including those which are portable and not installed permanently at a pitch or practice field) must always be anchored securely to the ground.
 - Portable goalposts must be secured by the use of chain anchors or appropriate anchor weights to prevent toppling forward.
 - It is essential that under no circumstances should children or adults be allowed to climb, swing on or play with the structures of the goalposts.
 - Attention is drawn to the fact if not properly assembled and secured portable goalposts may topple over.

- Regular inspections of goalposts should be carried out to check they are properly maintained.
- 2. Portable goalposts should not be left in place after use. They should be dismantled and moved to a place of secure storage.
- 3. It is strongly recommended that nets are only secured by plastic hooks or tape, not metal hooks, which must now be replaced.
- 4. Goalposts which are “homemade” or which have been altered from their original size or construction should not be used. These have been the cause of a number of injuries and deaths.
- 5. Guidelines to prevent toppling:-
 - I. Follow manufacturers guidelines to assembling goalposts
 - II. Before use adults should:-
 - Ensure each goal is anchored in place.
 - Exert a significant downward pressure the cross bar.
 - Exert a significant backward force on both upright posts.
 - Exert a significant forward force on both upright posts.

These must be repeated until it is established that the structure is secure. If not alternative goals pitches must be used.

REMEMBER TO USE ALL EQUIPMENT SAFELY AT ALL TIMES - NOT JUST GOALPOSTS