



FOOTBALL/SOCCER

Safety Guide

Sports Recreation

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Key Benefits

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Checklist Items

KEY BENEFITS

Cardiovascular Health

Enhances cardiovascular health, builds muscle strength, and improves overall endurance and coordination through continuous movement and varied activity.

Teamwork Skills

Improves teamwork and communication skills through collaborative play and strategy development.

Strategic Thinking

Develops strategic thinking and quick decision-making abilities in dynamic game situations.

Flexibility & Agility

Increases flexibility and agility, reducing the risk of injury and improving physical performance.

Mental Resilience

Promotes mental resilience and focus, helping individuals cope with competitive pressures.

Physical Fitness

Supports weight management and overall physical fitness through regular training and exercise.

KEY HAZARDS & CONTROL MEASURES

Collision Between Players

- ✓ Ensure players wear protective gear like shin guards and enforce fair play rules. Referees should monitor the game to prevent dangerous play.
- ✓ Provide warm-up exercises and have first aid personnel on-site. ✓ Educate players on safe tackling and positioning to reduce collisions.

Slippery Playing Surfaces

- ✓ Ensure the playing field is properly maintained with good drainage. ✓ Players should wear appropriate footwear with proper studs or cleats.
- ✓ Cancel or postpone matches in severe weather conditions. ✓ Conduct regular inspections of the field before play.

Ball Impact

- ✓ Ensure players are trained in proper techniques to avoid dangerous play. ✓ Encourage the use of protective equipment such as mouthguards when appropriate.
- ✓ Enforce rules against dangerous play, such as kicking excessively hard at players. ✓ Educate players on how to protect themselves when the ball is coming towards them.

Muscle Strains and Sprains

- ✓ Implement comprehensive warm-up routines before matches and training. ✓ Provide proper training on techniques to avoid overextension.
- ✓ Encourage players to listen to their bodies and rest when needed. ✓ Ensure cool-down periods after activities to reduce muscle stiffness.

Goalpost Collisions

- ✓ Ensure goalposts are padded, especially around areas prone to impact. ✓ Position goalposts properly and securely anchor them to prevent movement.
- ✓ Educate players on spatial awareness around the goal area. ✓ Implement rules that discourage dangerous play near the goalposts.

Weather-Related Hazards

- ✓ Monitor weather forecasts and conditions prior to and during matches. ✓ Suspend or cancel games if severe weather is predicted or occurs.
- ✓ Provide shelters or safe areas for participants in case of sudden weather changes. ✓ Educate participants on the dangers of playing in extreme weather.

Inadequate Warm-Up

- ✓ Implement mandatory warm-up routines before every game and training session. ✓ Provide guidance on effective warm-up exercises targeting relevant muscles.
- ✓ Ensure sufficient time is allocated for warm-up activities. ✓ Encourage dynamic stretching and gradual increase in activity intensity.

Poor Supervision

- ✓ Ensure a sufficient number of trained supervisors or coaches are present
- ✓ Supervisors should actively monitor the game, enforce rules, and intervene
- ✓ Provide regular training on safety protocols and effective supervision
- ✓ Establish clear guidelines outlining supervisory responsibilities

Violence or Aggression

- ✓ Enforce strict rules against violent conduct
- ✓ Train referees to identify and penalize aggressive behavior promptly
- ✓ Promote sportsmanship and respect through team culture
- ✓ Provide conflict resolution training to coaches and players

Safeguarding

- ✓ Implement a safeguarding policy and ensure all staff are trained
- ✓ Conduct background checks on coaches and volunteers
- ✓ Establish clear reporting mechanisms for concerns
- ✓ Promote a culture of respect and safety

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Pitch & Equipment

- Pitch surface is even and free of debris
- Goal padding in place
- Adequate drainage (no waterlogging)
- Emergency exits/access clear
- Goalposts securely anchored
- Corner flags and markers secure
- First aid kit accessible and stocked

Players

- All wearing appropriate kit
- Appropriate footwear (studs/cleats)
- Any injuries/health issues declared
- Membership and insurance valid
- Shin guards worn by all players
- No jewellery or dangerous accessories
- Water bottles available

Supervision & Documentation

- Qualified coach(es) present
- First aider identified and present
- Session plan appropriate for players
- Appropriate coach-to-player ratio
- Attendance register completed



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