

## Health & Safety Policy

Bicester RUFC is a club run solely by unpaid volunteers and whilst it has no statutory responsibility as an employer as defined by the Health & Safety at Work Act 1974, it aims to emulate the standards demanded by Health & Safety Legislation.

Exercise is essential for a growing child. Children who take regular exercise are physically healthier. In addition to the physical benefits, mini & junior rugby aims to provide an environment in which children can learn and advance their social development. It is our goal to make that sporting environment as safe as possible.

There are two types of "risk" playing Rugby Union. They are:

**Inherent Risks** which are those considered to be part and parcel of the game. They are inevitable and acceptable, resulting from a player's decision to participate in a contact sport.

**Unacceptable Risks** which are those not inherent to the sport! All those who take part in Rugby Union, including officers, referees, coaches and administrators, must be able to recognise and understand their legal responsibilities, and young players too must recognise their responsibilities to safeguard the well-being of those with whom they are taking part.

The fundamental aim of Bicester RUFC is to maintain the highest reduction of injury possible. Accepting that not all injuries can be avoided, those that are preventable, the unacceptable risks, must be eliminated.

Fortunately the vast majority of injuries are minor bruises and abrasions, but the risk of more serious injuries is a concern to all parents.

### Coaches/Match Officials

1. The risk of injury is less when children learn the skills in a structured way. Bicester RUFC will therefore ensure that there is at least one RFU qualified and CRB checked referee and/or coach available at each age group training session or match.

### Clothing

2. The referee's decision (or lead coach's if training) is final!
3. *Prior to playing or training ALL jewellery, watches should be removed and players should not wear any items of clothing that may pose a risk of injury to themselves or others.*
4. Appropriate protective clothing should be worn and conform to the recommendations of the IRB.

## Bicester Rugby Union Football Club

5. Bicester RUFC strongly advises parents/guardians to ensure that their child wears a mouth guard at all times when playing/training.
6. Glass lenses in spectacles should not be worn.

### Match Pitch Safety

7. The referee will ensure that the pitch is marked and flags positioned correctly before commencing play.
8. The referee will, if applicable, ensure that the posts are secure in the ground before commencing play.
9. The referee will, if applicable, ensure that the post protectors will be fitted securely and in a good state of repair before commencing play.
10. The referee will determine whether the ground is playable (e.g. not frozen or hard-baked, no potholes, not waterlogged etc.) and may impose such restrictions as necessary to facilitate play.
11. The referee will ensure that the ground is free of foreign objects such as glass, concrete, large stones and dog waste before commencing play.

### Playing

12. The lead coach should ensure that players have an appropriate warm-up before and after play or training to reduce the risk of injury.
13. The lead coach will ensure that players are sufficiently hydrated prior to participating and that there is sufficient water to be made freely available to all participants during and after the match or training session.
14. Alcohol is strictly forbidden and therefore should not be consumed before or during any event.
15. All players and teams have a responsibility to know and understand the rules of the game together with the skills and tactics to ensure safe play – any action which places either yourself or others at unacceptable risk of injury may be subject to disciplinary procedure as defined by the RFU Continuum.

### First Aid

16. ALL team coaches/officials should be aware of the location of the nearest emergency telephone and first aid kit.
17. First aid trained personnel are generally available on site but this should be checked before play commences by the head coaches.
18. Visiting teams must be prepared to supply and use their own first aid kit.

### Equipment

## Bicester Rugby Union Football Club

19. Playing areas and 'fixed' and moveable equipment should be checked by the relevant lead coach before play commences and any concerns raised prior to play (see Match Pitch Safety above).
20. No club equipment should be used without an appropriately trained coach being present.

### Motor Vehicles

21. There is an inherent danger wherever cars are manoeuvring such as the car park adjacent to the club house at Chesterton.
22. At each training session and home match, the lead coach for the U7 age group will ensure that the pedestrian access gate is opened to prevent pedestrians from having to use the vehicular access gate.
23. At each training session and home match, the catering coordinator will ensure that the player's access door to the club house is opened to prevent players from unnecessarily walking in through the car park.
24. Whenever people are required to be involved in car parking duty, the relevant team manager will ensure that those people are wearing high visibility jackets and are appropriately chosen.
25. No motor vehicles will be permitted to drive onto the playing area or areas immediately adjacent to the playing areas whilst a match or training session is under way. The referee or lead coach as appropriate will immediately stop play in the event of an emergency vehicle needing to drive onto those areas.

### Accident Reports

26. ANY notifiable accident, as defined by the RFU, must be recorded on the RFU Reportable Injury Event Form (available on the BRUFC website) and passed to the BRUFC Child Protection Officer by the relevant Lead Coach as soon as possible and in any case within 24 hours.
27. No young person will leave the training session/match to attend hospital without an appropriate parent or guardian. It is the responsibility of the relevant lead coach to nominate someone if the parent/guardian cannot be located, and to take all reasonable steps to ensure that the injured player's parent/guardian is notified as soon as possible.

**REMEMBER, ALWAYS PLAY SAFELY!**