



Sinclair United FC

Health and Safety Information for Managers

Health and Safety is the responsibility of all Committee Members and Managers

All clubs are required by the Football Association (FA) to have a medical emergency action plan (EAP) in place that is integral to the overall function of their club. Sinclair United FC complies fully with this requirement and managers should be made aware and co-operate fully with any requirements that Sinclair United FC place upon any person(s) representing the club.

At Sinclair United FC we aim to create a culture of a safe environment for all players, spectators, and managers and we encourage all participants to help us to achieve a safe environment and we would ask you to report near misses, potential safety hazards and improvement ideas through communication to the senior committee.

Managers are responsible for any session they run or participate in, and have a duty of care to any participants in their session. To assist managers with their responsibilities the club have prepared **Emergency Action Plans** for the Sinclair Club and Bell Rec sites, for which we are responsible. However any other sites where you play or train including opposition grounds, should provide you with their emergency action plan, you may have to ask for it.

The Benefits of a Medical Emergency Action Plan are that it:

- supports the minimum standard of care for all eventualities
- facilitates a prompt appropriate response
- minimises any delay in commencing effective life-preserving first aid
- promotes optimal care and prevents deterioration of the casualty
- alleviates casualty anxiety
- facilitates effective teamwork
- reduces stress on the persons involved
- promotes recovery of the casualty
- reduces the likelihood of potential permanent disability
- reduces the chance of errors
- reduces likelihood of equipment failure
- Facilitates incident review, audit, and constructive learning.

Prior to any session taking place managers should carry out risk assessments for their session, taking care to ensure the environment is safe including other sites and opposition grounds by requesting the emergency action plan for each individual site.

The following checks should be made prior games taking place:

- You have in your possession copies of the Emergency Action Plan for the venue and an up to date Medical Matrix from for the team
- A medicines tin is available for storage of players prescribed medicines which must be named (**any player without their medicines must not participate**)
- Check the Emergency access for the site and any De-fib location on site
- Designate roles and responsibilities should an emergency occur (calling emergency services, administer first aid, deal with parents etc.)
- Check the environment (playing surfaces, surroundings etc.)
- Check equipment (i.e goal posts, balls and player equipment – shin pads must be worn or player must not participate)

Health and Safety is everyone's responsibility lets work together to crate a safe environment at Sinclair United FC

Club Emergency Contacts are:

Richard Overton (Chairperson)

Adam Green 07909 991431 (Secretary & Welfare Officer)

Kerry Millman 07808 547988 (Treasurer)