



SAFETY POLICY

Rev 04.11.2008

2.0 Introduction

- i) The South Perth Junior Football club is a not for profit organization that conducts and promotes junior Australian Rules Football in and around the South Perth area .It is a volunteer organization and has no paid staff.

3.0 Objectives

- i) The principal objective of this safety management plan is to assist the coaches, team managers and parents minimize the risk of injury to the player's while accepting that the game must be played within the AFL rules and by nature the game can result in injury.
- ii) To achieve and maintain this principal objective, SPJFC will utilize the following occupational health and safety controls:
 - a. Annual review of this safety plan to ensure that it remains relevant to the clubs needs. This review will be conducted on an annual basis within two months prior to the first inter club game of football.
 - b. Implement and use a system for recording all incidents and accidents. A copy of the safety plan will be provided to each team manager at the beginning of each football season.
 - c. Conduct a review at committee level of all reported incidents and accidents. These reviews will be conducted at the next scheduled committee meeting after the date of the incident/accident .In the case of a serious accident, the club president may call a special meeting to review the details of the accident. The incident/accident review should consider what actions if any are required to help prevent a similar reoccurrence of the accident.

4.0 Introduction

The scope of this Safety plan is:

- i) To define the duties of the coach;
- ii) To define the duties of the team manager;
- iii) To define the duties of the teams first aid officer(in the event that this position is filled;
- iv) Delegate the duties of the first aid officer when that position is not filled;
- v) Define the duties of the elected committee;
- vi) Define the requirements of accident /incident investigations; and to
- vii) Provide Guidance notes that may assist coaches, managers, parents contribute to the safety performance of the club.



5.0 Responsibilities

5.1 The Elected Club Committee

When it comes to safety and general conduct the elected committee will use its best endeavours to set a positive example to all coaches managers parents and players. The committee by consensus will be ultimately responsible for steering the club in a direction that promotes the safety of all players within the club.

5.1.1 Responsibilities

- i) Accountable for overall development and implementation of Safety Management Plan;
- ii) Responsible for ensuring the Safety Management Plan remains relevant to the progress of the club; and
- iii) Use its best endeavours to provide adequate safety resources, services and facilities.

5.1.2 Methods

- i) Promote to all members of the club, their parents, coaches and managers the existence of this safety management plan and encourage them to work with in the plans guidelines;
- ii) Review accident/incident statistics and all O H & S reports;
- iii) Review implementation of Safety Management Plan; and
- iv) For the purpose of reporting any incidents or accidents an incident /accident is defined as any event that required first aid treatment (other than just the application of an ice pack), medical treatment or may have led to the need for medical treatment.
- v) Safety is to be a standing agenda item on all committee meetings.

5.2 Team Manager

The Team Manager Will Be The Focal Point Of Each Team When It Comes To Promoting Safety.

5.2.1 Responsibilities

- i) To ensure that a copy of the clubs safety plan is available to all players and parents;
- ii) To lobby the players parents to elect a team first aid officer;
- iii) In the event of an incident or accident at either club training or during a game the manager with the coaches assistance will conduct the incident accident review using the incident accident report form that forms an attachment to this procedure;
- iv) In a timely manner report any incidents and accidents to the clubs committee;
- v) To ensure that the contents of the first aid kit match that of the checklist provided by the club at the time the first aid kit was issued, is available at all of the teams games and that the first aid kit is re stocked after use; and
- vi) For the purpose of reporting any incidents or accidents an incident /accident is defined as any event that required first aid treatment (other than just the application of an ice pack), medical treatment or may have led to the need for medical treatment.



5.2.2 Authority

i) As the team manager is a volunteer, he/she has no authority but has a duty of care to minimize the risk of injury to players and should encourage all members of the team and their parents to make safety a priority.

5.3 Team Coach

The team coach is to the best of his/her ability to conduct training sessions in a safe manner and encourage parents to contribute to this activity in a safe manner.

5.3.1 Responsibilities

- i) Include warm up activities in all training sessions and prior to all games;
- ii) The coach should have as a minimum attended and passed an AFL Auskick level one training course;
- iii) Take control of the teams activities at training and during games and organize the activities that minimize the player's risk of injury;
- iv) To ensure that all incident/accidents are reported on the incident accident form that forms an attachment to this procedure;
- v) To assist the team manager conduct the incident accident investigation;
- vi) Check that the equipment used in training and the game is in a safe condition;
- vii) As far as possible ensure that the rules of the game are obeyed and that the safety of players is always of the highest priority; and
- viii) For the purpose of reporting any incidents or accidents an incident /accident is defined as any event that required first aid treatment (other than just the application of an ice pack), medical treatment or may have led to the need for medical treatment.

5.3.2 Authority

As the team coach is a volunteer he/she has no authority but a duty of care to encourage all members of the team and their parents to make safety a priority.

5.4 Safety Advisor

The Safety Advisor Is A Committee Position And Is Not Directly Involved With The Teams.

5.4.1 Aims and Objectives

- i) To coordinate safety issues within the club;
- ii) Provide input to the development and maintenance of the safety management plan; and
- iii) To be involved at committee level with the review of reported accident/incidents.

5.4.2 Responsibilities

To assist in the development and maintenance of the safety management plan

- i) Collate and present to the elected committee all reported incident/accident reports; and
- ii) For the purpose of reporting any incidents or accidents an incident /accident is defined as any



event that required first aid treatment (other than just the application of an ice pack), medical treatment or may have led to the need for medical treatment.

5.4.3 Authority

As the safety adviser is a volunteer, he/she has no authority but has a duty of care to minimise the risk of injury to players and should encourage all members of the team and their parents to make safety a priority.

5.5 Parents

- a) All parents are reminded that the club operates on a not for profit basis and relies on volunteers to operate. The club cannot function without the parents providing a large number of the human resources required to operate the club. Parents should advise the team manager if their children have any medical conditions, contagious diseases or conditions that could put their child or others at risk;
- b) It is desirable that each team has its own first aid officer and that the first aid officer is available at each of the team's game .It is the parent's obligation to fill this position; and
- c) All parents are reminded that all spectators must remain at least one metre outside of the boundary line.

5.6 Team First Aid officer

Responsibilities

- i) To be present at as many games as possible;
- ii) When he/she is unavailable to attend one of the team's games advise the team manager of his or her unavailability;
- iii) To deliver first aid as and when required during the game;
- iv) Ensure that he/she has access to a mobile phone and has listed the emergency telephone numbers for the ambulance service and hospitals within the area; and
- v) Only perform first aid on injured players within the scope of the first aid training that they have received.

5.6.1 Authority

As the team first aid officer is a volunteer, he/she has no authority but has a duty of care to minimize the risk of injury to players and should encourage all members of the team and their parents to make safety a priority.

6.0 Policy Statements

The SPJFC has policy statements as referenced below:

- a. Safety Policy
- b. Code Of Conduct For Officials And Parents

These Policy statements are signed by the club President and provide a visible display of the aims objectives of the club and the expectations of all those involved with the club. The policy statements will be on display at the club.



7.0 Safety Induction Program

Before commencement of the playing season and, induction session will be held for each age group of player's .The purpose of the induction will be to provide parents with a copy of this safety management plan and answer any questions that may be raised at that time.

8.0 Guidance Notes

8.1 Ground Inspections

Prior to all home games each team manager will have at least two parents conduct an inspection of the playing surface .The inspection should be conducted in accordance with the Match day Checklist Form .This form must be completed in full and submitted to the registrar with the match papers.

The purpose of the inspection is to check for

- Glass on the playing surface;
- Hypodermic needles;
- Any other sharp objects;
- Hard objects; and
- Any other condition that could cause an injury to a player.

In the event that any of the above are found the team manager should be informed of the problem and he or she should take action to ensure that the game does not commence until the hazard has been removed.

8.2 Goal Posts

All goal posts must be able to stand within the prevailing climatic conditions without the risk of falling over during the match. They should be free from sharp edges (above the ground) and be fully padded up to a height of 1.6mts.

8.3 One Metre Boundary Line

All spectators must remain at least one metre outside of the spectator line and if there is no spectator line, stay one metre outside the boundary line.

8.4 The Weather

Australian Rules Football is a winter sport and as such the game is often played in varied weather conditions. This can result in a number of hazards being present, including the following.

- Lightning
- Flooding
- Hyperthermia
- Hypothermia.

It is the coaches responsibility to decide if the weather conditions have created a situation that requires the game or training session to be cancelled.



8.5 Mouth Guards

It is a club requirement that all players use a correctly fitted and approved mouth guard during all games. Additionally the use of mouth guards during training should be encouraged, particularly when involved in physical contact sessions.

8.6 Stretching

Stretching is a proven strategy for minimizing the risk of soft tissue injury. It also improves athletic performance.

All coaches should encourage stretching of all of the major muscle groups before and after all training sessions and games. The earlier that young players learn and accept that stretching is part of the normal routine of preparing for physical activity, the better the chances of continuing this practice without the need for constant reminder.

In correct stretching can be harmful and therefore should be supervised by an accredited coach or person with other suitable qualifications and experience.

8.7 Football Boots

Football boots that conform to the AFL's rules must be worn in all games. Boots should be correctly fitted and in tact.

The studs should be checked weekly to ensure that they do not have any sharp edges.

8.8 Fingernails

Fingernails should be kept short and free from sharp edges. They should be checked before each training session and game by the team manger.

8.9 Ice Packs

The use of ice packs as a first aid treatment for soft tissue injuries is extremely valuable and easy to administer. For ice packs to be of use they need to be very cold.

It is suggested that ice packs be kept in a freezer for at least 24hours prior to be taken to a game as part of the first aid kit. Just prior to the game the ice packs should be taken form the freezer and taken to the game in an esky or insulated cooler .To assist in keeping the ice packs cold it helps to include in the esky or cooler a quantity of frozen cooler bricks or containers of frozen water. Ice packs should e used as per recognised first aid practices.

8.10 Jewellery

Jewellery should not be worn during training sessions or matches. This includes rings, watches and any jewellery associated with Body piercing

8.11 Water Bottles

Each player should bring to both training sessions and matches a personal water bottle. The bottle should be full of water and be clearly marked with the player's name or jumper number.