



Health & Safety Guidelines

How to know that the game is safe to play.

Pitch Inspection Check List

Step 1	Weather Conditions	Recent and current weather conditions play a big part in pitch safety. Have the recent weather conditions adversely affected the playing surface, check that the surface is safe and fit for purpose
Step 2	Goalposts and nets	Are the goals post safe and secure. Test by applying forward and sideways pressure to the uprights, check cross bar is secure and nets installed correctly.
Step 3	Corner flags	Make sure that the corner flags are installed and are of the correct height and size for the age group using the pitch.
Step 4	Pitch inspection	Walk around one half of the pitch whilst the other team manager does the opposite half and ensure that the pitch is clear of rubbish, tape, strapping, broken tree branches and debris from winds, dog faeces and any other waste matter.
Step 5	Pitch markings	Pitch marking should be visible to ensure fair play and that players can play on safe inspected pitches, these can be painted lines or lines marked by cones, where lines are not visible.
Step 6	Pitch conditions	Football is a winter sport so ground conditions will vary from match to match. The referee may decide if the pitch is suitable to play on according to Fifa Rules, in the absence of a referee the 2 coaches or managers should discuss pitch conditions and take into account, water or rain, muddy patches, softness, hardness, snow, grass length, holes and uneven surfaces, and any other environmental hazard that may exist or be present. REMEMBER PITCH CONDITIONS CAN CHANGE THROUGHOUT THE GAME.
Step 7	Re-check at half time	Take a second opportunity at half time, and prior to the restart to ensure that the pitch is still a safe place to play.

If the coaches, manager, match officials or team captains have concerns over the pitch conditions the overriding factor should always be player safety first. Where a pitch is does not pass a safety inspection, this should be reported to the home club who may pass on the concerns to the City Council to address where they have some responsibility.

Please report any issues or problems to your grade coordinator or club contact:

Quick concussion checklist:

Injury prevention guidelines

If Concussion Is Suspected – Check for Signs and Symptoms

(Quick Concussion Checklist is as per ACC Concussion Check)

Orientation:

- Ask the person the following questions:
- Which ground are we at?
- What competition are we at?
- What have you just been competing in?
- How far through the game are we?
- What time of day is it?
- What day is it?

Concentration

Ask the person to do the following:

- Repeat the days of the week backwards (starting with today)
- Repeat these numbers backward: 63 (36 is correct) 419 (914 is correct)

Word List Memory

- Ask the person to repeat the 3 words you chose earlier.

If you have any reason whatsoever to believe the player may be concussed, even mildly, they must NOT go back on the field and must seek medical attention.

If a player is clearly concussed from these checks, call 111 and request an ambulance.

The player should not return to football until symptoms free and cleared by a doctor

Anterograde Amnesia – forgets events after fall or impact.

Choose 3 of the following words, ask the player to repeat these now and to remember them for later;

Girl, Dog, Green, Blue, House, Cat, Fish, Boy, Tree, Chair, Red

Retrograde Amnesia – forgets events prior to fall or impact.

- Ask the person the following questions;
- What do you remember just prior to the impact?
- Do you remember what happened?
- How did you get here?
- Did you come by yourself, if not who came with you?

For bumps, sprains, and soft tissue injuries:

R I C E



Rest
the injured
area for 48 hours



Ice
for 20 minutes
at a time,
4 to 8 times
per day



Compress
to help
reduce swelling



Elevate
the injured limb
6 to 10 inches
above the heart

verywell