



SITTINGBOURNE RUGBY UNION FOOTBALL CLUB

Founded 1976

RFU , KCRFU , KSRFUR

Gore Court Cricket Club, The Grove, Key Street, Sittingbourne, Kent, ME10 1YT

Chairman: David Hicks
Honorary Secretary: Steve Smith

Club Captain: Scott Truss
Honorary Treasurer: Chris Nutley

Health & Safety Policy & Guidance Statement

Sittingbourne RUFC has a duty of care to safeguard its members, and its Health & Safety Policy forms a vital part of that process. Its general policy is as follows.

- To provide adequate control of health and safety risks arising from our sporting activities
- To consult with all who are working on behalf of the club on matters affecting their health & safety
- To provide and maintain a safe playing environment and equipment
- To provide information, instructions and supervision of coaches and other volunteers
- To ensure that coaches and other volunteers are competent to do their tasks, and to give them adequate training
- To prevent accidents
- To maintain safe and healthy working conditions
- To review and revise this policy as necessary

Risk Assessment

In order to discharge its responsibilities, individual coaches and other volunteers working for Sittingbourne RUFC will endeavour to assess the risks at the place of activities (at each home venue), using the following five steps:

- Step 1 – Look for hazards
- Step 2 – Decide who might be at risk
- Step 3 – Evaluate the risks and decide whether the existing precautions are adequate or whether more should be done
- Step 4 – Record the findings
- Step 4 – Review the assessment and revise it if necessary



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Good Practice for Coaches

It is good practice to:

- Ensure the gate off London Road is unlocked for Emergency Services use
- Have a first aid box with you at all times, and know how to use it for minor injuries and where to summon help for major injuries, as stated in the Clubs First Aid Procedure Document.
- Always have access to a mobile phone for contacting the emergency services
- Familiarise yourself with any emergency procedures appropriate for the particular venue.
- Check the facilities you use meet safety standards, that the area is safe and free from obstacles or other dangers such as glass, animal excrement, etc.
- Make sure that players are appropriately dressed for the activity (Gum Shields, Clothing, etc) and surface (boots/trainers), and re-hydration (water)
- Improve your competency by attending sports specific and generic training courses.

In respect of the Junior Section;

- Maintain a register of attendance, together with medical information and emergency contact details.
- Check that facility equipment and personal equipment is kept in a good state of repair and is suitable for the age and ability of the players
- Establish participants' previous experience, and schedule the frequency and length of practice and games to take into account the age and ability of players.