

## **Overton Rugby Football Club – Policy and procedures** **for the welfare of players in Rugby Union**

Overton Rugby Club (The Club) endeavours to ensure and protect the safety, health and well –being of all players, coaches and officials at the Club.

Through the implementation of a Health and Safety policy for all players, coaches and officials, the club will protect, as far as is reasonable, our members from health problems exacerbated by involvement in the game of Rugby Union, and from injury during the training or playing of Rugby Union, as well as in the area of the Club grounds and premises.

The Health and Safety policy takes account of all players, but is especially aimed at those in our Mini and Youth sections.

Our policy outlines the following key areas:

1. The Club recognises the responsibility of all those involved within ORFC to adhere to a minimum set of Health and Safety criteria
2. Health Database – regarding health, a database record will be kept of all members, and within this database any medical conditions of players, coaches and officials (principally referee’s) will be recorded, and a list of these maintained at the club at all times. All coaches and team managers will have knowledge of or access to the health records of their squads at all times during training and matches
3. First aid – regarding safety, during training sessions and matches, the Club will ensure that at least one trained First Aider is present. Club members will be given official First Aid training as required in order to meet this (see “training”). At any one time there shall be a minimum of 4 trained first aiders within the club.
4. Vaccination – as part of the health database, a record will be kept of Tetanus vaccination, and all players are expected to ensure (via parents or guardians in the case of youth players), that tetanus vaccinations are up to date. Coaches can decline to play individuals if this vaccination requirement is not met. 100% compliance is expected within the youth age groups.
5. Legal Responsibility for Mini and Youth players cannot be passed to coaches or Team Managers by legal parents or guardians. Parents and guardians may give responsibility of their child to another parent or guardian present at the training session, and should inform the team coach or manager.



6. Nutrition – whether training, matches or a tournament, Club home fixtures will endeavour to provide food of a reasonable standard to all players (home and away) after rugby has been played. This is in line with the sensible dietary requirements around the game of Rugby Union. In addition, our youth coaches and managers will encourage good nutritional advice to the club players
7. Personal Protective Equipment (PPE) – the use of PPE by Youth players shall be encouraged by all team coaches. As a minimum, this will include the wearing of a mouthguard in all contact rugby age groups (under 9's and above). The club will provide access to orthodontist-fitted mouthguards at the start of each new season.
8. Pitch, ground and club house conditions – all these facilities at the club will be inspected on a regular basis to ensure that Health and Safety criteria are being met. This will include at least 4 Risk Assessment studies a year
9. Weather – In cases where Weather conditions make the conditions for rugby dangerous (especially frozen ground, electrical storms and storm force winds), matches, tournaments or training sessions will be cancelled by the coaches, managers or referee's involved.

We at the club recognise that any procedure is only as effective as the ability and skill of those who operate it. The club are therefore committed to the effective recruitment, and appropriate training for all our coaches, volunteers and club members. This will enable them to work together with players, parents and carers to ensure that the health and safety of all people at the club is protected.

#### PROCEDURAL FRAMEWORK

The practices and procedures within this policy are based on the principles contained within the RFU & WRFU policy and procedures for the protection of the health and safety of young people in Rugby Union.

#### KEY PRINCIPLES

- Any player under the age of 18 should be considered as a youth player for the purposes of this document – THE HEALTH AND SAFETY OF ALL YOUTH PLAYERS IS PARAMOUNT
- All people, whatever their age, should be able to partake in the game of Rugby Union in a safe environment
- The health of all people, whatever their age, should be protected when they partake in the game of Rugby Union
- Trained personnel will be on hand to administer first aid when necessary
- Parents and Guardians shall recognise the legal responsibility towards their children when playing Rugby Union
- Safety conditions shall be maintained on all club playing fields and in the clubhouse, and unsafe conditions recognised quickly with measures being implemented to minimise risk
- Good nutrition for young players is an important facet of the game and shall be recognised by those coaching and managing youth players
- Personal Protective Equipment can aid player safety and shall be encouraged.

