

The Welsh Lacrosse Association (WLA)

Health & Safety Policy

HEALTH & SAFETY POLICY STATEMENT:

Sport is recognised as generally beneficial activity providing an opportunity for people to stay healthy, learn new skills and develop personal skills. The Welsh Lacrosse Association is committed to delivering these benefits through participation in lacrosse whilst recognising that our activities may have some health, safety and environmental impact.

We are committed to the continual reduction of our risks and impacts in order to improve our health, safety and environmental performance.

HEALTH & SAFETY POLICY:

To support our Health & Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of the premises and facilities used by the WLA and of all activities undertaken by the WLA
- Create a safe environment by putting health & safety measures in place as identified by the risk assessment
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development
- Ensure that all members are aware of, understand and follow the WLA's health & safety policy
- Appoint a competent Board member to assist with health and safety responsibilities
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members
- Endeavour to provide access to adequate first aid facilities, telephone and qualified first aiders during training and competition
- Report any injuries or accidents sustained during any WLA activity
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

AS A MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health & safety and that of others who may be affected by what you do or not do
- Co-operate with the WLA on health & safety issues
- Correctly use all equipment and facilities
- Not interfere with or misuse anything provided for your health, safety or welfare.
- Report major accidents or near misses to the Board.

Safety Rules

General

- All members should be aware of, respect and adhere to the rules and procedures contained in this policy statement and in the respective risk assessments for the playing of lacrosse.
- All members shall immediately report any unsafe practices or conditions to the WLA Board.
- Any person under the influence of alcohol or any other intoxicating drug which might impair motor skills or judgment, whether prescribed or otherwise, shall not be allowed to participate as a player, coach, manager or official.
- Practical joking and any acts which might jeopardise the health and safety of any other person are forbidden.
- Members shall not adjust, move or otherwise tamper with any electrical equipment or machinery in a manner not within the scope of their duties.
- No member should undertake a task which appears to be unsafe.
- No member should undertake a task until he or she has received adequate safety instruction and is authorised to carry out the task.
- Tasks shall be well planned and supervised to avoid injuries in the handling of heavy materials and while using equipment.
- Clubs should carry out risk assessments of their facilities and any facilities that they hire at least once a year.
- Managers of the performance squads should risk assess all the facilities used by the squads at least once a year.

Playing

- The activities and equipment should be appropriate to the ability of the coaches, players and the numbers of players.
- Official WLA squad training sessions, games and matches are to be supervised by a WLA coach or qualified umpire/referee.
- Player to coach ratio should be less than 1:30.
- Players must be taught the rules of the game before being allowed to play.
- Players should be dressed in appropriate clothing and footwear for the activity.
- Players should remove all jewellery and watches before participating and long hair should be tied back.
- Eating or chewing gum should be forbidden during any activity.
- Players should warm-up and cool-down appropriately before and after playing.
- Only purpose-made lacrosse equipment conforming to the FIL specifications should be used. All other sports equipment must conform to the British standards.
- For men's lacrosse helmets and padding should be worn.
- For women's lacrosse all players must wear mouth guards.
- There must be sufficient sets of goal keepers pads, gloves and helmets, which must be in good condition.
- A first aid kit or a physiotherapist should be available at all lacrosse pitches or venues.
- The first aid kit should have a chemical cold ice pack kit or ice should be at the pitch side.
- The coaches and management should know the details of the nearest hospital.

Playing Environment

- Playing surfaces must be kept clean and tidy; equipment must be stored safely when not in use.
- Grass pitches should be cut and rolled regularly to ensure a smooth surface.
- Astro pitches must be free from rips or tears.
- Goal mouth surfaces should be in a good condition.
- All pitch markings should be clear.
- If the pitch is frozen matches should be called off or coaching sessions should be modified to avoid players falling onto frozen ground.
- Coaches and management should carry out detailed pitch sweeps to ensure that there are no sharp objects or other hazards on the playing surface before the session begins.

- Portable goals should be weighted down or secured to prevent them from being tipped over.
- Goal nets should fitted correctly.
- All other sports goals should be removed away from the ends and sides of the pitch and fixing points should be covered.
- Spectators are to be warned to move away from any areas where the ball is likely to land.
- In a sports hall any spillage must be cleaned up immediately.
- Walkways and passageways must be kept clear from obstructions at all times.