



MONTROSE YOUTH FOOTBALL CLUB

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Page 1 of 1

HEALTH & SAFETY POLICY

Health & Safety Policy Statement:

Montrose Youth Football Club is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect our junior athletes to participate within these boundaries.

Health & Safety Policy:

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

- Create a safe environment by putting health & safety measures in place as necessary and as dictated by the nature of each Club event
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times
- Ensure all members are aware of the club's health & safety policy and procedures
- Report/ record any injuries or accidents sustained during any club activity

Club Members Must:

- Take reasonable care for your own health & safety and that of others who may be affected by what you do or do not do
- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club

Guidelines for dealing with an incident/accident:

- Stay calm but act swiftly and observe the situation. Is there danger of further injuries?
- Listen to what the injured person is saying
- Alert the first aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment, call the emergency services.
- Deal with the rest of the group and ensure that they are adequately supervised.
- Do not move someone with major injuries. Wait for the emergency medics.
- Contact the injured person's parent/carer.
- Complete an incident/accident report form.