



# Policy and Procedures

# Health and Safety

Version 1.3

**Policy Review:**

Reviewed and revised: Dec 2024

Next review: Dec 2027

**Approved by:**

**Wales Lacrosse Executive Board**

## **Health and Safety Policy**

**Wales Lacrosse is committed to ensuring the health and safety of all those participating in activities under its jurisdiction. To fulfill this commitment, the following duties will be carried out by appropriately trained members of Wales Lacrosse:**

1. Regular, recorded risk assessments of the premises and facilities used by Wales Lacrosse and of all activities undertaken by Wales Lacrosse shall be undertaken.
2. A safe environment shall be created by putting health & safety measures in place as identified by the risk assessment.
3. Regular assessment of individual ability, dependent on age, maturity and development shall be carried out to ensure that all members participate in the appropriate level of training and competition.
4. Ensure that all members are aware of, understand and follow the Wales Lacrosse's health & safety policy.
5. A competent Board member shall be appointed to assist with health and safety responsibilities.
6. Normal operating procedures and emergency operating procedures shall be in place and known by all members.
7. Access to adequate first aid facilities, emergency communication and qualified first aiders shall be provided during all training and competition sessions.
8. Any injuries or accidents sustained during any Wales Lacrosse activity shall be reported to the relevant authority and records kept, in conformance with the General Data Protection Rules, so that appropriate actions can be taken to mitigate any emerging patterns of injury.
9. The content and implementation of this policy shall be reviewed regularly and monitored for effectiveness.

Date:

Date:

## **Health and Safety Procedures**

### **All members of Wales Lacrosse have a duty to:**

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

### **2. General Safety Rules**

- 2.1. 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.
- 2.2. All members shall immediately report any unsafe practices or conditions to the Wales Lacrosse Board.
- 2.3. Any person under the influence of alcohol or any 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.
- 2.4. Practical joking and any acts which might jeopardise the health and safety of any other person are forbidden.
- 2.5. Members shall not adjust, move or otherwise tamper with any electrical equipment or machinery in a manner not within the scope of their duties.
- 2.6. No member shall undertake a task which appears to be unsafe.

- 2.7. No member shall undertake a task until he or she has received adequate safety instruction and is authorised to carry out the task.
- 2.8. Tasks shall be well planned and supervised to avoid injuries in the handling of heavy materials and while using equipment.
- 2.9. Clubs shall carry out risk assessments of their facilities and any facilities that they hire at least once a year.
- 2.10. Managers of the Wales Lacrosse performance squads shall risk assess all the facilities used by the squads at least once a year.

### **3. Player Safety Rules**

- 3.1. The activities and equipment shall be appropriate to the ability of the coaches, players and the numbers of players.
- 3.2. Official Wales Lacrosse squad training sessions, games and matches are to be supervised by a Wales Lacrosse coach or qualified umpire/referee.
- 3.3. The player to coach ratio shall be less than 1:30.
- 3.4. Players shall be taught the rules of the game before being allowed to play.
- 3.5. Players shall be dressed in appropriate clothing and footwear for the activity.
- 3.6. Players shall remove all jewellery and watches before participating in training or competition, and long hair shall be tied back.
- 3.7. Eating or chewing gum is forbidden during any activity.
- 3.8. Players shall warm-up and cool-down appropriately before and after playing.
- 3.9. Only purpose-made lacrosse equipment conforming to World Lacrosse specifications shall be used. All other sports equipment must conform to British Standards.
- 3.10. For men's lacrosse, helmets and padding shall be worn.
- 3.11. For women's lacrosse, all players shall wear fitted mouth guards.
- 3.12. There shall be sufficient sets of goal keepers' pads, gloves and helmets, and these shall be in good condition.

- 3.13. A first aid kit or a physiotherapist should be available at all lacrosse pitches or venues.
- 3.14. The first aid kit shall have a chemical cold ice pack kit, or ice shall be at the pitch side.
- 3.15. The coaches and management shall know the details of the nearest hospital.

#### **4. Playing Environment**

- 4.1. Playing surfaces shall be kept clean and tidy; equipment shall be stored safely when not in use.
- 4.2. Grass pitches shall be cut and rolled regularly to ensure a smooth surface.
- 4.3. Astro pitches shall be free from rips or tears.
- 4.4. Goal mouth surfaces shall be in a good condition.
- 4.5. All pitch markings shall be clear.
- 4.6. If the pitch is frozen matches shall be called off or coaching sessions shall be modified to avoid players falling onto frozen ground.
- 4.7. Coaches and management shall carry out detailed pitch sweeps to ensure that there are no sharp objects or other hazards on the playing surface before the session begins.
- 4.8. Portable goals shall be weighted down or secured to prevent them from being tipped over.
- 4.9. Goal nets shall be fitted correctly.
- 4.10. All other sports goals shall be removed away from the ends and sides of the pitch and fixing points shall be covered.
- 4.11. Spectators shall be warned to move away from any areas where the ball is likely to land.
- 4.12. In a sports hall any spillage shall be cleaned up immediately.
- 4.13. Walkways and passageways shall be kept clear from obstructions at all times.