



SAFETY AND WELFARE MATTERS THAT ALL SEAFORTH FC COMMITTEE MEMBERS SHOULD BE AWARE OF

RESPONDING TO INJURIES AND DEALING WITH SAFETY RELATED ISSUES

General advice

- If you are called on to deal with a first aid incident only ever respond up to your level of training. If in any doubt about what to do call "000".
- In a situation requiring first aid, because you are a Committee person, people may expect that you become involved or take charge. Only become involved if you feel comfortable in doing so.

Dealing with head, spinal and other serious injuries

- If a spinal injury, any broken bones or other major injury are suspected NEVER attempt to move the player unless you are qualified to do so.
- Call an ambulance ('000') immediately.

Concussion

- Any player who suffers a serious blow to the head, loses consciousness or shows signs of concussion (such as vacant stare, incoherent or slurred speech, lack of coordination, disorientation) SHOULD NOT BE ALLOWED TO CONTINUE PLAYING IN THE GAME.

Calling "000"

- Tell them that Seaforth Oval is on the corner of the Wakehurst Parkway and Burnt St, Seaforth.
- Someone should be sent out to the main street to flag down the response vehicle.
- Advise the Club President of what has happened.

First aid kits and defibrillators

- There are three comprehensive first aid kits at the clubhouse –upstairs in the office or kitchen, in the canteen and in the gear room. Defibrillators (AEDs) are at every ground.

Identifying safety issues

- If you become aware of any safety related issue, let the Club President or Secretary know about it as soon as possible.

MEMBER WELFARE

Issues involving child protection, harassment and abuse, discrimination, racial vilification, victimisation or bullying

- Any such issues should be immediately directed to our club's Member Protection Information Officers (MPIOs) and the Club President and must be treated with the strictest confidence.

Any serious matter involving the welfare of members, supporters or spectators

- If you become aware of any serious matter involving the welfare of members, supporters or spectators please inform the Club President asap.
- Keep the matter confidential and let the Management Group assess and respond to the problems.

GENERAL SAFETY MATTERS AROUND SEAFORTH OVAL AND THE CLUBHOUSE

Do not lift out the big goal posts on fields #1 and #2

- They can easily overbalance and if they fell onto someone, they could kill them.

Take care when moving and using large full-size portable goals

- When moving these goalposts, several people should be involved in order to share the weight load and minimise the risk of the goals overbalancing and falling.
- Do not lift the crossbar if anyone is standing in front of the goalposts.
- If they fell onto someone, they could kill them.

Keep BBQ area power cables off the ground

- For general safety and to keep power cables and connections away from water, keep the power cables off the ground and ensure any power boards or connections are also off the ground.

Read and understand all the FNSW health and safety policies on the club website

- You MUST read the Duty of Care, Lightning and Hot Weather policies.

Don't allow anyone under 16 in the canteen or BBQ

- No-one under 16 is allowed in the canteen or in the BBQ work area at any time. No exceptions.

Keep the gear room locked

- At all times either keep the outer solid door to the main gear room locked or the outer grill gate closed and bolted in place.
- Young children who enter are at danger of being hurt by heavy gear and locking themselves in.

Use ladders safely and don't allow volunteers on ladders

- Only use a ladder if you feel safe doing so. If necessary, get a second person to hold the ladder steady while it's being used.
- Don't allow volunteers to go up ladders – get other Committee members to do this.

Lift heavy loads safely

- Use the hand trolleys to bring heavy loads from the gear room to the canteen or vice-versa.
- When lifting anything heavy bend your knees and lift with a straight back.

There are areas behind or adjacent to fields #1 and #2 at Seaforth Oval that are unsafe for spectators standing nearby who are facing away from the larger pitches watching junior games happening on pitches J8/9A, J8/9B and J7. They risk being struck from behind and injured by shots on goal or clearances.

- The areas behind both ends of #1 field and between the #2 and J7 fields are unsafe.
- Ensure we have signs up directing people to move away from the area

Be alert for danger when there are high winds at Seaforth Oval

- Move promptly to secure anything that may be dangerous - tables, BBQ lids, doors, signs, the canteen security bars, Seaforth flag banners.

Take care when opening the notice board near the canteen

- The corners stick out and people walking nearby might easily be hit on the head.
- Have another person watch out while you pin or unpin notices.

Take care when handling items stored on high shelves

- Store as little as possible on high shelves – nothing that needs to be used regularly (eg. yellow poles)
- Use a ladder safely to access this gear and take care when handling.