

Safety Statement - Maynooth American Football

1. Introduction:

This safety statement is prepared to assess potential risks associated with the activities The Maynooth University Hurricanes flag football team. The purpose of this statement is to outline measures to ensure the safety and well-being of team members during practices and matches.

2. Risk Assessment:

a. Physical Injuries:

- Collisions and falls during gameplay may result in sprains, fractures, or concussions.
- Overexertion and inadequate warm-up can lead to muscle strains and other related injuries.
- Improper tackling techniques may cause injuries to players.

b. Environmental Factors:

- Adverse weather conditions, such as rain or strong winds, may impact visibility and footing.
- Poorly maintained playing surfaces may pose tripping or slipping hazards.

c. Equipment-related Risks:

- Wearing ill-fitting or damaged protective gear can compromise player safety.
- Unsafe or poorly maintained equipment, such as helmets or mouthguards, may increase the risk of injury.

d. Medical Emergencies:

- Players may experience medical conditions, such as cardiac events or asthma attacks, during practices or matches.
- Allergic reactions to insect bites or stings might occur during outdoor activities.

3. Safety Measures:

a. Preparing and Educating Players:

- Ensure all players receive proper training on safe gameplay techniques, including tackling and falling techniques.
- Conduct regular sessions on warm-up exercises and stretching routines to minimize the risk of muscle strains.
- Encourage players to report any pre-existing medical conditions or injuries to the team's medical staff.

b. Equipment Safety:

- Provide suitable and well-maintained protective equipment to all players, including helmets, mouthguards, and padding.
- Regularly inspect and replace damaged equipment to maintain its effectiveness.
- Promote proper fitting and use of protective gear among players.

c. Playing Surface and Weather Conditions:

- Regularly inspect and maintain playing surfaces to minimize tripping or slipping hazards.

- Monitor weather forecasts before practices or matches and consider rescheduling or relocating activities if adverse conditions are expected.
- Provide adequate lighting for evening practices to enhance visibility.

d. Emergency Preparedness:

- Designate a qualified first aider or medical professional to be present during practices and matches.
- Develop and communicate an emergency action plan to all team members, including procedures for handling medical emergencies and contacting emergency services.
- Maintain a well-stocked first aid kit on-site and ensure all players and staff are aware of its location.

4. Communication and Supervision:

- Establish clear lines of communication between team members, coaches, medical staff, and administrators to address safety concerns effectively.
- Implement a buddy system, especially during outdoor activities, to ensure players are monitored and supported.
- Promote a culture of safety, where team members feel comfortable reporting hazards, injuries, or concerns.

5. Ongoing Review:

- Conduct regular reviews of safety procedures, risk assessments, and incident reports to identify areas for improvement.
- Update safety protocols and guidelines based on the latest best practices and recommendations.

This safety statement is a general guideline and should be adapted to the specific needs and circumstances of the University flag football team in Ireland. Regular monitoring, evaluation, and adherence to safety measures will contribute to a safe and enjoyable experience for all team members.