



EST 2015
FTFC
FIRST TOUCH FC

FACILITIES AND EQUIPMENT SAFETY POLICY

FACILITIES:

FTFC coaches should inspect the field before each game/practice, looking for any items that could endanger the physical integrity of the players/club staff or any other participants. Check for and remove rocks, tree sticks, garbage, bottles, etc. Fix any holes or other imperfections of the field.

FTFC coaches should check that fields are properly marked, nets are anchored, benches are in good and safe condition.

EQUIPMENT:

- All soccer equipment needs to be checked before each use
- Check that soccer balls should be properly inflated and not damaged and replace as required
- Check that all other equipment is in proper condition (no broken/loose parts)

BLOOD: Players should get their wounds cleaned and covered and change their clothes if stained before returning to the field.

JEWELRY: Players are not permitted to wear any kind of jewelry during their practice/game to avoid any injuries to themselves or others. Medical Alert bracelets are accepted but need to be covered with a soft material.

HEADSCARF AND TURBAN: Head covers are permitted as long as they are not dangerous to themselves and others, it is black or the same colour of the uniform.

CASTS: Players wearing soft casts are allowed as long as it does not represent danger to themselves and to anyone. Team officials should determine case by case if the player is allowed to play wearing a specific soft cast. Players wearing a hard cast cannot participate from a game or practices with physical contact.

INSULIN PUMP POLICY: A player wearing an insulin pump can participate at a game as long as he/she provides the team officials with a doctor's note confirming he/she is allowed to play and it does not endanger his/her health.

SEVERE WEATHER POLICY: FTFC Coaches should monitor the weather before each practice

Designate a safe place to take shelter in case lightning is present

All practices/games should be stopped right after hearing thunder. Direct all participants to a safe place and wait 30 minutes after the last thunder before returning to the field.