

DJKI Academy Health & Safety Policy

1. Introduction

At DJKI Academy, the health, safety, and well-being of all our players, staff, and visitors are our top priority. We are committed to creating a safe environment where players can develop their football skills while adhering to strict safety guidelines. This policy outlines the academy's responsibilities, procedures, and guidelines to prevent accidents and injuries.

2. Policy Scope

This policy applies to:

All academy staff (coaches, medical staff, support staff, etc.)
All players enrolled in the academy
Visitors, including parents, guardians, and any external personnel
Volunteers and contractors working on academy grounds

3. Health and Safety Responsibilities

Academy Management:

Ensure compliance with legal health and safety regulations.
Provide regular health and safety training to all staff.
Conduct routine risk assessments and inspections of facilities and equipment.
Establish an Emergency Response Plan (ERP) for injuries or accidents.
Ensure access to medical support at all training sessions, matches, and events.

Coaches & Staff:

Follow safety procedures and use protective equipment where required.
Supervise players and ensure safe use of all facilities and equipment.
Report hazards, unsafe practices, or injuries immediately to management.
Conduct pre-training warm-ups to prevent injuries.
Ensure players have access to water and appropriate rest during training.

Players:

Follow the instructions of coaches and staff to ensure their own safety and the safety of others.
Wear appropriate safety gear (shin guards, boots, etc.) at all times during practice and matches.
Report any injuries, illnesses, or hazards to the coach or medical staff.
Maintain personal fitness levels to prevent injury.

Parents/Guardians:

Ensure players are in good physical health before attending training or matches.
Inform the academy of any pre-existing medical conditions or injuries.
Support the academy's health and safety measures by reinforcing rules with their children.

4. Facilities and Equipment Safety

All football fields, equipment (e.g., goals, nets, balls), and indoor facilities will be regularly inspected and maintained to ensure they meet safety standards.

Equipment deemed unsafe will be removed or repaired immediately.

The use of appropriate safety padding, secure goalposts, and other necessary safety measures will be enforced.

5. Medical Support and Injury Prevention

A qualified first aid professional or physiotherapist will be present at all training sessions and matches.

First aid kits and emergency medical supplies will be available at key points within the facility.

Emergency contact numbers for local hospitals and medical facilities will be readily accessible.

Warm-up and cool-down sessions will be part of the regular training routine to minimize the risk of injury.

A return-to-play protocol will be followed for players recovering from injury, in consultation with medical professionals.

6. Emergency Procedures

In the event of a serious injury or emergency, staff are required to:

Immediately assess the situation and administer first aid if necessary.

Contact emergency services if the injury requires further medical attention.

Notify the player's parent/guardian as soon as possible.

Complete an accident report form detailing the incident and the actions taken.

7. Fire Safety

Fire exits will be clearly marked and accessible at all times.

Regular fire drills will be conducted to ensure all staff, players, and visitors are aware of the emergency evacuation procedure.

Fire extinguishers and alarms will be installed and inspected regularly to ensure compliance with fire safety standards.

8. Weather Safety

Training sessions and matches will be suspended in the case of extreme weather conditions, such as lightning storms, heavy rainfall, or extreme heat.

Water breaks will be mandatory during hot weather conditions to prevent dehydration and heatstroke.

9. COVID-19 and Infectious Diseases

DJKI Academy will follow all local government guidelines concerning the prevention of COVID-19 and other infectious diseases.

Regular sanitation of high-touch areas and equipment will be carried out.

Hand sanitizing stations will be provided at key locations.

Players and staff showing symptoms of illness must refrain from attending training sessions or matches.

10. Risk Assessments

Risk assessments will be conducted regularly to identify potential hazards and implement control measures.

Any risks identified will be addressed promptly, with measures put in place to eliminate or minimize the risk.

11. Review and Monitoring.

This Health & Safety Policy will be reviewed annually or as needed to ensure compliance with current legislation and best practices.

Feedback from staff, players, and parents will be encouraged to continually improve health and safety protocols.

12. Communication

The health and safety policy will be communicated to all staff, players, and parents at the beginning of each season.

Updates or changes to the policy will be disseminated via email and posted on the academy noticeboard and website.

Conclusion

DJKI Academy is committed to maintaining a safe and healthy environment. By adhering to this policy, we aim to ensure the safety and well-being of everyone involved in our academy.