



## SAFETY GUIDELINES

Woolwich Youth Soccer Club is dedicated to ensuring that:

- All games, tournaments, and other events are hosted in a way that ensures the safety of all participants and spectators
  - All people present on the field during matches abide by proper safety regulations
- Facilities used to host our games, tournaments, and other events are safe, well maintained, and in good condition

The policies, regulations, and procedures of Woolwich Youth Soccer Club have been adopted to ensure safe conditions based on the [Canada Soccer Guide to Safety](#).

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### **1.0 Field Safety**

- There are no foreign objects such as glass, rocks, branches, etc.
- There are no holes or bumpy sections
- Sprinklers are not sticking out
- Ensure bleachers and player benches are safe
- Spectators are seated back from the sideline on the opposite side of the field as the player benches and not to be seated behind either goal line.

### **2.0 Goalpost Safety**

- Goalposts are anchored securely to the ground with chain anchors or appropriate anchor weights to prevent them from toppling forward.
  - Anchoring system is not a hazard to participants
  - Goal nets and posts do not have any sharp corners or loose parts
  - No one is permitted to climb, swing, or play on the goalposts
  - Portable goalposts should only be moved by authorized personnel
- Structural integrity of the goalposts is secure:
- o Can withstand significant downward force on the cross bar
  - o Can withstand significant backward force on both upright posts
  - o Can withstand significant forward force on both upright posts

### **3.0 Player Safety**

- Proper uniforms:
- Jersey, shirt with sleeves, or pinnies
- Shorts
- Socks
- Appropriate footwear
- Shinguards made of a suitable material and covered by the socks (to be worn for game and practices)
- An athlete who is bleeding or has any blood on them/their uniform will leave the game immediately until the bleeding is stopped, the wound is covered, and the uniform and/or body is cleaned appropriately
- No jewelry; this includes rings, bracelets, necklaces, earrings, and other visible piercings

- No taping or wrapping of jewelry will be allowed
  - Medical alert bracelets or necklaces must be made of Velcro or similar soft material, or covered by a sweatband. Notify the referee of any player that is wearing one of these
  - Headscarves and turbans are permitted but must be the same color as the jersey or black, and should not have any protruding elements
  - Eyeglasses should be sports spectacles with no metal or glass material. Referees have the final decision
  - Hardcasts are not permitted. Soft casts may be permitted if the referee deems as not presenting a danger
  - Insulin pumps are permitted IF the player has provided written medical clearance to the referee

## **4.0 Weather Safety**

### **4.1 Cancellations**

- A decision to pre-emptively cancel(not due to weather) Rep team practices for the day, the club must be notified by noon one day prior to the day of the practice. In the event of a weekend practice cancellation (not due to weather), notification must be made to the club by 10:00am on Friday. Once a decision to cancel practice has been made, coaches will notify their respective teams
- Cancellation of House league games: The club will provide notification via email and post on our social media platforms.

### **4.2 Heavy Rain**

- Games will not be cancelled due to rain unless the field conditions are unplayable

### **4.3 Lightning**

- If thunder is heard, the game will immediately be paused and everyone present must immediately get to a safe location
- The game cannot be resumed until at least 30 minutes after the last rumble of thunder or lightning.
- First Aid for Lightning Victims
  - Lightning victims do not carry an electrical charge and can be safely handled

- Call 911 or local ambulance service
- Give first aid
  - If breathing has stopped, administer CPR, use an automatic external defibrillator if available

#### **4.4 Heat Advisory**

- 30C or below: all club activities proceed as normal
- 30-35 C: games will have an enforced water break during each half. Additional water breaks are at the discretion of the referee and/or coaches
- Above 35 C: game time decisions will be made, or the referee will make the final decision as to water breaks and whether to play the game

#### **4.5 Air Quality Health Index (AQHI)**

- Environment Canada will issue any warnings related to the Air Quality Index
- Clubs, Leagues, and Districts will monitor the status for areas where games are played and communicate when action is mandated.
- If conditions change while at the field, the match can be delayed or cancelled