

Stirling University American Football Club
Safety Regulations



1. General

- a) The strenuous physical-contact nature of American football means that safety must be given paramount importance.
- b) The club annually reviews the rules of the game as published by the British American Football Association to note changes to game regulations, health and safety requirements or other.
- c) The club is aware of the need to have all personnel registered and insured.
- d) The club maintains an up to date copy of the Governing Body Insurance Guidance Document

2. Clothing and personal protection

- a) All clothing and personal protection must be checked before use for excessive wear. Any dangerous equipment should be removed and replaced.
- b) Clothing and personal protection must conform to Canadian Football League (CFL) standards.
- c) Suitable clothing and personal protection must be worn by all players during play.
- d) The club acknowledges the safety and maintenance guidance issued by manufacturers on equipment used in training and on game day. Where an individual is unsure efforts will be made to contact the manufacturer or domestic supplier for guidance.

3. Facilities and equipment

- a) Pitches should be: large enough to allow safe play; free from dangerous objects such as stones or glass; level, without any depressions or bumps which can cause loss of balance or the ball to fly.

- b) Special care is needed in frosty conditions, when previously muddy pitches can become dangerously ridged. Referees should be prepared to modify the game, or to postpone or cancel if necessary.
- c) There should be no dangerous obstructions close to the perimeter of the field. Fertilisers and mixtures used for pitch markings should be free from irritants, particularly lime or creosote.
- d) The bases of the uprights of the goal posts should be padded.
- e) Corner flags should be flexible and not less than 5 feet high.
- f) The ball should be made according to C.F.L. rules. Over-inflation should be guarded against. The ball should give way slightly to thumb pressure.
- g) Where a game is covered by BAFRA officials the club will support the officials in ensuring the game field passes the health and safety audit. Where BAFRA officials are not provided the club will adhere to the Governing Body's guidance on game day risk management.

5. First aid

First aid facilities should be nearby and should include a telephone, stretcher and adequate first aid kit.