

ROCKLAND UNITED SOCCER CLUB



ACCIDENT MANAGEMENT POLICY

1. Effective Date:

This policy is effective 1 February 2015

2. Policy Objective

The Rockland United Soccer Club is committed to creating and maintaining a safe environment for its participants. The RUSC Accident Management Policy shall be enforced by all team administrators.

Any accident sustained in team activities must be reported immediately on an Accident Report Form to be given to the Club to ensure compliance with the Club and OSA insurance requirements. All house league coaches and team managers from the competitive leagues shall have in their possession copies of the Accident Report Form whenever a soccer activity occurs.

All players and team officials are covered by the OSA Accident Insurance Policy as long as they are participating in OSA and Club sanctioned activities.

3. Return to play:

If a player has to be removed from a practice or a game due to an injury and does not return to the field of play during the said practice or game, that player shall not be permitted to return to practice and/or gameplay until they have been declared medically fit to return.

Written permission from a physician will be required before the player is allowed to return to practice and/or gameplay.

If a player is suspected of having received a concussion, the Club's Concussion Protocol shall apply.

4. Accident Prevention

Field inspection:

It is the responsibility of the team coach, as well as the game referee, to inspect game and practice fields and report any hazardous conditions or other facility issues to the Club as soon as possible.

Lightning safety:

Referees and team coach's staff are required to follow the OSA-Lightning-safety-severe-weather-policy (attached) at all times to ensure the safety of the players and others at games and practices.

Inclement weather safety:

Decisions on game cancellations due to inclement weather are at the discretion of the coaches for

U4 to U7 teams and referees for U8 teams and above.

High humidex safety:

All competitive and adult teams shall follow the directions given by the EODSA, ERSL or OCSL.

All RUSC house league teams shall comply with this guideline whenever Environment Canada

(<http://www.ec.gc.ca>) issues a high humidex warning for the City of Clarence-Rockland:

- for all age groups: if the humidex is 40 and over, 90 minutes before kick-off time, the game shall be cancelled by the RUSC Convenor and the players informed by the coaches;
- when two or more games are cancelled during the season, RUSC may reschedule some games and on different game days; and
- the convenors shall contact the RUSC Referee-in-chief when games are cancelled.

Environment Canada - Humidex table

Reference: <http://www.ec.gc.ca>

Humidex	Degree of Comfort
20 - 29	No discomfort
30 - 39	Some discomfort
40 - 45	Great discomfort; avoid exertion
46 and over	Dangerous; possible heat stroke

5. Insurance coverage:

These activities do not require the Club's approval for insurance to be valid:
Game, practices, soccer fitness festival, and registration events.

The following activities require the Club's approval for insurance to be valid: fund raiser event, exhibition game and tournaments.

Insurance will be void if any activities involve the sale or distribution of alcohol and/or the use of fireworks.

6. Procedure to follow when an injury occurs:

The accident report form can be obtained from the RUSC website or by contacting the RUSC office.

- a. fill out the accident report form immediately after the injury occurs; and
- b. submit the form to RUSC office within 24 hours of injury by e-mail, fax or drop-off.

7. To file a medical claim

You must visit the HKMB website: <http://www.hkmb.com/industry/sportsent/OSA.asp>

8. Policy Approval Date

The RUSC Executive Committee at the RUSC Meeting of 10 May 2011 approved this RUSC Policy. The RUSC Executive Committee at the RUSC Meeting of June 24, 2013 approved the change to humidex section of this Policy to have all age levels for the Recreational Leagues at the same humidex level. The RUSC Executive Committee at the RUSC Meeting of January 19, 2015 approved the Return to Play requirement for a medical signature.

CSA Lightening Policy Lightning Safety / Severe Weather Policy

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during all matches sanctioned by the CSA.

By understanding and following the information below, the safety of everyone shall be greatly increased. Ultimately the referee has the final say over delaying or restarting a match due to

weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Referees are expected to act responsibly when dealing with such events during matches they are controlling.

When lightning is detected, you can determine the distance of lightning in your area by counting the number of seconds between the flash and the first sound of the thunder and dividing by five(5). This will give you the distance in miles from your location. Remember, if you are in a higher elevation, the lightning can come upon you much quicker and your reaction time is greatly hindered.

30/30 RULE

When you see lightning, count the time until you hear thunder. If this time is thirty (30) seconds or less, seek proper shelter. Wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter. If you cannot see the lightning, just hearing the thunder is a good back up rule.

Additional Information

Please note the following recommendations from Environment Canada:

The existence of blue sky and absence of rain are not protection from lightning. Lightning can and does strike as far as ten (10) miles away from the rain shaft. It does not have to be raining for lightning to strike. Many lightning casualties occur in the beginning, as the storm approaches, because many people ignore initial precursors of high winds, some rainfall and cloud cover. Generally, the lightning threat diminishes with time after the last sound of thunder, but may persist for more than thirty (30) minutes.

Lightning can strike ahead of the parent cloud – take action even if the thunderstorm is not overhead.

Be aware of how close lightning is occurring. The flash-to-bang method is the easiest and most convenient way to estimate how far away lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment and its distance from the observer.

Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. This activity must be treated as a wake-up call to all. The most important aspect to monitor is how far away the lightning is occurring, and how fast the storm is approaching, relative to the distance of a safe shelter.

Recognize that personal observation of lightning may not be sufficient. Additional weather information may be required to ensure consistency, accuracy and adequate advance warning.

When larger groups are involved, the time needed to properly evacuate an area increases. As time requirements change, the distance at which lightning is noted and considered a threat to move into the area must be increased. Extending the range used to determine threat potential also increases the chance that a localized cell or thunderstorm may not reach the area giving the impression of a "false alarm".

Know where the closest "safe structure or location" is to the field or playing area and know how long it takes to get to that safe structure or location.

Safe structure or location is defined as:

Any building normally occupied or frequently used by people, i.e., a building with plumbing and / or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.

In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. Do not touch the sides of any vehicle!

If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground because lightning current often enters a victim through the ground rather than by a direct overhead strike. Minimize your body's surface area and the ground! Do not lie flat! If unable to reach safe shelter, stay away from the tallest trees or objects such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or a portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

When considering resumption of any athletics activity, it is recommended that everyone should ideally wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field.

People who have been struck by lightning do not carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR. Lightning-strike victims who show signs of cardiac or respiratory arrest need emergency help quickly. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

For additional information the following website is helpful:

www.weatheroffice.gc.ca

CSA Referees Committee

July 2008

ACCIDENT REPORT FORM

It is important for insurance purposes that an "Accident Report" be completed in the event of an injury/accident occurring to a player during either training, game day or sanctioned activities.

A team official must complete the following form if an injury/accident occurs and forward the completed form within 24 hours to the club's office.

Date of accident (Month/Day/Year): _____

Time of accident: _____

Name of injured person: _____

Team's Name: _____

Accident occurred during: game ____ practice ____ tournament ____ other ____

Location that accident occurred: _____

Witness (Name/Phone number): _____

Describe details of accident and injury sustained:

Any comments or observations:

Care given:

Signature of team official: _____

Name of team official: _____ Date: _____

For office use:

Did the accident occur during a sanctioned event? Yes ____ No ____

Name of injured person: _____ OSA registration number: _____

Club official name and signature: _____