



Central Islip Soccer Club

Goal Post Safety Rules

SAFETY RULES

- 1) No players should be helping in moving the goal post from one location to another.
- 2) No players should be helping in moving any heavy equipment or any equipment deemed unsafe.
- 3) All Goal Post should be moved only by designated responsible adults and / or coaches.
- 4) All Goal Post should be secured to the ground by using the 4 available sand bags and / or pegs located nearby.
- 5) Nets should be properly anchored to the ground, by using the available pegs.
- 6) **Wearing personal protective equipment is recommended for players acting as a goalie.**
- 7) Goal post should never be used when in a high wind weather condition.
- 8) If anchor bags are being used, make sure that they are they in good condition.
- 9) Make sure anchor bags are adequately filled with aggregate.
- 10) Make sure anchor bags are placed over the base of the goal frames at the back corners.
- 11) Make sure all connecting hardware, such as nuts and bolts, in place and secure.
- 12) Make sure the structural integrity of the goal has not been compromised.
- 13) Check to make sure that welds are not cracked.
- 14) Check to make sure that corner joints are secure.
- 15) Check to make sure that the goal is on a level surface.
- 16) Check to make sure that the goal nets are attached properly to the goal frame.
- 17) Check to make sure that sharp edges does not exist in any part of the goal and net attachment system.
- 18) Check to make sure that the nets does not have large holes or tears.
- 19) Coach is responsible to keep the goal post clear from anyone including players attempting to climb or use it as a swing.
- 20) Coach is responsible to make sure players get the proper instruction on safety around the goal post.
- 21) Coach is responsible to make sure that all Goal Post are properly secured at their designated location after practice.
- 22) Coach is responsible to make sure that the lock combination is not left unattended to prevent theft of the equipment.
- 23) Only the Coach is responsible to unlock the goal post and should not under any circumstances share the combination lock with anyone else. If another coach does not have the combination they should get it from the proper authorities.
- 24) Coach must always use good judgment in regards to the safety of the players.

When the portable soccer goalposts are not being used on the field, they should be securely stored away. Above all, do not allow anyone to climb, swing or play on a moveable goalpost. Possible injuries when good judgment and / or goal post safety are not applied can include but are not limited to:

1. **Sprains, strained muscles**
2. **Broken bones, dislocated joints**
3. **Permanent disability**
4. **Death**

Remember, before every soccer game and before all training sessions, follow these 4 steps:

- 1) **Check it**
- 2) **Secure it**
- 3) **Test it**
- 4) **Respect it**

Completing the necessary safety checks and precautions will ensure that the soccer goalposts are stable and secure. Always play it safe!

I HAVE CAREFULLY READ THE FOREGOING DOCUMENT AND AGREE TO APPLY THE SAFETY RULES MENTIONED ABOVE. I SHOULD ALWAYS USE GOOD JUDGMENT WHENEVER USING THE GOAL POST AND THAT SAFETY OF THE PLAYERS SHOULD ALWAYS BE MY ONLY PRIORITY.

Date

Coach Name