

Tackle the Mindset – Health and Safety Policy



1. Policy Statement

Tackle the Mindset is committed to providing a safe and healthy environment for all participants, staff, volunteers, and visitors. We recognise our duty of care and take all reasonable steps to prevent accidents, injuries, and ill health during our rugby coaching sessions and related activities.

2. Aims

- To ensure the health, safety, and welfare of all involved in our programs
- To identify and manage risks associated with rugby coaching and youth engagement
- To comply with all relevant health and safety legislation and best practices

3. Responsibilities

- Kyle Lund (Founder) is the designated Health and Safety Officer, responsible for implementing and reviewing this policy.
- All staff and volunteers are expected to take reasonable care of their own safety and that of others, and to report any hazards or concerns immediately.

4. Risk Assessments

- Risk assessments are carried out for all venues, activities, and equipment used.
- Dynamic risk assessments are conducted on-site before each session.
- Specific attention is given to the needs of SEMH and SEND participants.

5. First Aid

- A qualified first aider is present at every session.
- First aid kits are checked regularly and brought to all venues.
- All incidents are recorded in an incident log and reviewed after each session.

6. Emergency Procedures

- Emergency exits and procedures are explained at the start of each session.
- In the event of an emergency, staff will follow the venue's protocol and contact emergency services if needed.
- Parents/carers will be informed promptly of any serious incidents.

7. Equipment Safety

- All rugby equipment is regularly inspected and maintained.
- Unsafe or damaged equipment is removed from use immediately.
- Participants are instructed in the safe use of all equipment.

8. Venue Safety

- Only venues that meet safety standards and have appropriate facilities are used.
- Playing surfaces are checked for hazards before each session.
- Weather conditions are monitored, and sessions are adapted or cancelled if necessary.

9. Participant Welfare

- Sessions are planned to match the age, ability, and needs of participants.
- Adequate warm-up and cool-down routines are included to prevent injury.

- Hydration and rest breaks are built into all sessions.



10. Training and Supervision

- All staff and volunteers receive health and safety training relevant to their role.
- Supervision ratios are maintained in line with best practice for youth sports.
- Volunteers are briefed on safety procedures before assisting in sessions.

11. Reporting and Review

- All accidents, near misses, and hazards are reported to the Health and Safety Officer.
- This policy is reviewed annually or following any significant incident.
- Feedback from schools, parents, and participants is welcomed to improve safety practices.

12. Contact Details

- Health and Safety Officer: Kyle Lund
- Email: ktl@tacklethe mindset.org
- Emergency Contact: 07762009194