



**Penicuik Athletic Football Club
Penicuik Park
Carlops Road
Penicuik**

Medical Risk Assessment and Medical Plan

INTRODUCTION

Penicuik Athletic Football Club ('the Club') is a member of the East of Scotland Football Association.

It is the policy of the club to take all reasonable and practicable steps to safeguard the Health and Safety and welfare of all volunteers involved with the club and to protect all other persons who visit our club against hazards to Health or Safety arising out of the Clubs activities.

This document combines the Medical Risk Assessment and Medical Plan. It addresses:

- Organisation and infrastructure relating to medical matters
- Identifiable risks and how these are controlled
- General provisions for medical care

INFRASTRUCTURE AND ORGANISATION

Access for Emergency Vehicles

Penicuik Athletic's ground at Penicuik Park is situated within Penicuik Public Park. Access is through a controlled entrance opposite 'Penicuik Centre' on Carlops Road. The access is controlled by three 'drop down' bollards of which PAFC holds the key for one of the three. By dropping one bollard access is directly available by emergency vehicles to all areas of the park. Access to the pitch and spectator areas is by the large gate at the John Street side of the park. PAFC have plans in place as part of their Safety Plan to facilitate this access.

First Aid Facilities

The principal first aid room is situated within the main changing room area of the 'Pavilion' complex but is immediately accessible from the entrance corridor and does not require access through either dressing room or any part of the building.

It contains basic first aid equipment, a couch and water supplies. There are toilets (including an accessible toilet) within the 'Pavillion' complex. The list of Medical Equipment both on site and in the Medical Kit Bag is attached to this plan as Appendix 1.

Organisation and Personnel

Penicuik Athletic ("the club") has an association with a Doctor for advice and guidance on all medical matters. The Doctor is in attendance for major matches (where attendance of greater than 1000 is anticipated). The club also ensures that there is at least one qualified First Aid staff member present at all matches.

There is an announcer present at every home match. This person will be located at the main entrance to the ground and is the focal point for co-ordination of messages during the match. He/she will make any safety announcements and will have immediate access to a telephone to communicate with others including the emergency services to ensure expedited management of any health and safety issues in conjunction and on the advice of the Club Safety Officer.

Safety Policy document should be read in conjunction with this document.

Purpose

This Medical Risk Assessment is a report that shows the club's potential medical vulnerabilities, to provide a summary of defensive measures, and assess the amount of risk the club is willing to accept (the risk tolerance).

MEDICAL RISK ASSESSMENT AND PLAN

Activity/Element	Potential Hazard	Existing Controls	Is residual risk acceptable?	Additional Controls Required	Is the remaining residual risk acceptable ?	Recommended minimum medical attendance * (actual agreed attendance in brackets)
Medical Illness	Spectators and staff may suffer from a medical emergency, in attendance at the football match.	<p>At each match there is a certified first aid person in attendance.</p> <p>There is a dedicated first-aid room within the football pavilion, with the required first-aid equipment available.</p> <p>The club owns a Defibrillator which is located pitchside at all home and away matches.</p> <p>Food served to spectators is cooked by qualified persons</p> <p>Contingency plan which outlines roles in an emergency.</p> <p>Mobile telephone in the First Aid Room</p> <p>Penicuik Medical Centre is some 2 minutes away by car, telephone number 01968 672612</p> <p>If necessary an ambulance will be called to attend to any medical emergency.</p>	Yes	Nil	Yes	<p>Crowd up to 500 - 1 First aider present.</p> <p>The Ambulance service does not attend games but will be summoned in the event of a major incident.</p>

		<p>The nearest Accident & Emergency Department is at the Royal Infirmary Edinburgh, which is 25-30 minutes from the ground under normal traffic conditions. The first-aider looking after an injured player will make arrangements through the Matchday Co-ordinator either to arrange transport for a player to the infirmary for further assessment or to call the emergency services if immediate medical care is required.</p>				
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Activity/Element	Potential Hazard	Existing Controls	Is residual risk acceptable?	Additional Controls Required	Is the remaining residual risk acceptable?	Recommended minimum medical attendance * (actual agreed attendance in brackets)
Player Serious Injury	Football is a contact sport	Prevention Player Shin Pads Code of Conduct explained to players Damage Limitation as above in row 1 Ambulance access to pitch Stretcher facility Medical Room Accredited First-Aid Person at each training session and match	Yes	Nil	Yes	As above in row 1
Injury from slip/trip/fall	Spectators and staff may suffer from an injury as a result of a slip, trip or fall in the football ground.	As above in row 1. The ground is well maintained with a weekly safety walk in place to identify any risks	Yes	Nil	Yes	As above in row 1

Activity/Element	Potential Hazard	Existing Controls	Is residual risk acceptable?	Additional Controls Required	Is the remaining residual risk acceptable?	Recommended minimum medical attendance * (actual agreed attendance in brackets)
		<p>All access paths are gritted as required</p> <p>No loose objects are allowed to lie on any part of the footballground.</p> <p>Covered standing area has safety tape highlighting supports</p>				
Fire in the pavilion	A fire in the Pavilion complex may result in burns, injuries & smoke inhalation to spectators & staff.	<p>As above in row 1.</p> <p>A Fire Risk assessment has been completed by the Club Safety Officer.</p> <p>Fire Extinguishers are placed accordingly and checked regularly.</p> <p>Quarterly review of fire arrangements and fire drill.</p> <p>Smoke alarms</p> <p>Exit doors clearly marked and number of doors approved by Midlothian Council</p>	Yes	Nil	Yes	As above in row 1

Activity/Element	Potential Hazard	Existing Controls	Is residual risk acceptable?	Additional Controls Required	Is the remaining residual risk acceptable?	Recommended minimum medical attendance * (actual agreed attendance in brackets)
Explosion in the pavilion	This could cause serious fire etc and physical harm	<p>As above in item 1</p> <p>Cooker is checked annually by electrician</p> <p>All appliances are PAT tested as required</p> <p>No combustible materials are stored in the pavilion complex</p>	Yes	Nil	Yes	As above in row 1
Structural matters	Structural collapse of pavilion, fences, covered standing area, gates, trees and consequent harm to people	<p>As above in row 1.</p> <p>Structural survey of existing pavilion carried out.</p> <p>All the infrastructure assets have received planning consent.</p> <p>Regime and budget for life-cycle maintenance</p> <p>Perimeter fence has an inch gap and is strengthened to resist high winds and severe weather, Screening allows airflow.</p>	Yes	Nil	Yes	As above in row 1

Activity/Element	Potential Hazard	Existing Controls	Is residual risk acceptable?	Additional Controls Required	Is the remaining residual risk acceptable?	Recommended minimum medical attendance * (actual agreed attendance in brackets)
Crowd surge	Harm through crushing of individuals	Building Standards approval of crowd capacity – 1372; Covering hard standing enclosures accommodate 670. Football Committee supervision of crowd entry, exit and control	Yes	Nil	Yes	As above in row 1
Car Parking	Injury to persons in cars	Disabled Car parking is supervised by committee persons	Yes	Nil	Yes	As above in row 1
Travel	Injury to players, coaches and committee on away trips	Only licensed drivers who have car insurance Club Player and Officials Insurance	Yes	Nil	Yes	

This risk assessment was completed taking into consideration the following factors:

The physical infrastructure assets of the club: a pavilion, covered spectator areas, floodlights, a perimeter fence and sports pitch fence round the football pitch, secure gates to the football ground and an upgrade to facilities. Travel to away matches has also to be considered.

Therefore, physical harm to human beings has been considered in tandem with these assets and travel situations.

This Assessment was carried out by Andrew Penman (Club Safety Officer and competent to conduct RA) on Sunday 27th January 2019 and the Risk Assessment and Plan have been reviewed by - Claire Rankin (MSc Physiotherapy) , Club Physiotherapist

Appendix 1

Medical Kit Bag contents

- ☒ One guidance card & contents card
- ☒ Individually wrapped sterile & waterproof adhesive dressings (assorted sizes), appropriate to the club environment
- ☒ Sterile eye pads, with attachment
- ☒ Six individually wrapped triangular bandages
- ☒ Safety pins
- ☒ Medium & large sized, individually wrapped, sterile un-medicated wound dressings
- ☒ Antiseptic tissues, sterile water or saline in sealed disposable containers
- ☒ If emergency blankets are provided, store alongside equipment & in such a way as to keep them free from dust & damp.
- ☒ Disposable aprons and plastic gloves should be provided near the first aid materials
- ☒ Blunt ended scissors should be kept where there is a possibility that clothing or material needs to be cut.
- ☒ Plastic disposable bags for soiled or used first-aid dressings should be provided.
- ☒ Individually wrapped sterile adhesive dressings (non-allergic / waterproof)
- ☒ One large sterile un-medicated dressing
- ☒ Individually wrapped moist cleansing wipes
- ☒ Defibrillator
- ☒ Ice Spray
- ☒ Heat Spray
- ☒ Spray Bottle for Iced water

Medical Equipment in First Aid Room

- ☒ Medical Stretcher
- ☒ Emergency Blankets
- ☒ Defibrillator
- ☒ Clean water Warm & Cold
- ☒ Ice Packs
- ☒ Massage table
- ☒ Eye wash station

Document Control

Last Review Date (To be reviewed and published annually).

Review Date: 27th January 2019

Mandatory Review Date (To be reviewed and published annually).

Review Date: 27th January 2020

Reviewed 3/01/2020 with no changes required

Reviewed 31/01/2021 with no changes required