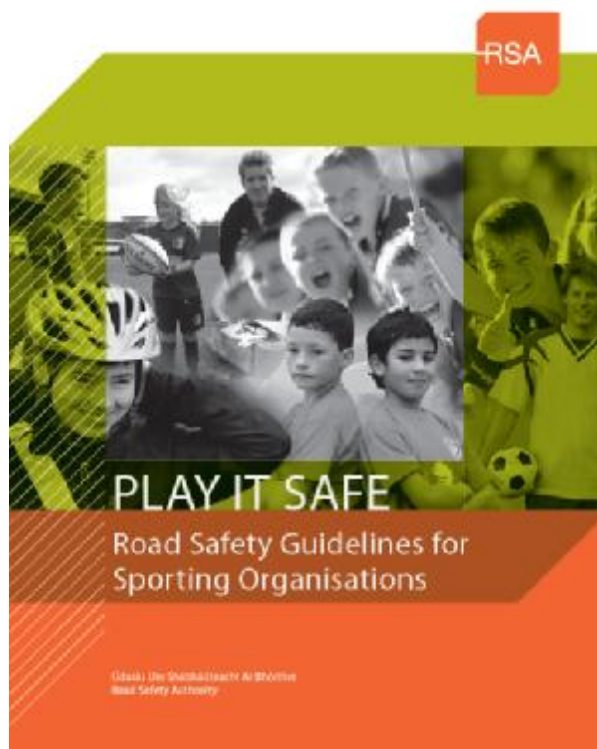


ARKLOW TOWN FOOTBALL CLUB



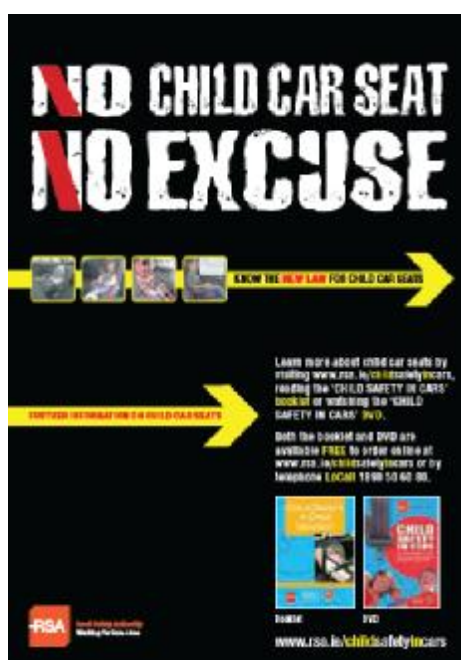
ROAD SAFETY GUIDELINES



BRIDGEWATER CENTRE PARK, LAMBERTON, ARKLOW, CO WICKLOW

ROAD SAFETY GUIDELINES

The information contained in this particular section has been extracted from "Play It Safe - Road Safety Guidelines for Sporting Organisations" - produced by the Road Safety Authority (2010). A full copy of the publication is available to download under the reference section of the website or alternatively at www.rsa.ie



Sport plays a significant role in the personal, social and physical development of the individual. It is essential that young people are given every chance to participate in sporting activities where they will have an opportunity to develop these skills. Travelling to training sessions and games, both at home and away throughout the country, is an essential element of a young person's sporting activities. Collisions do and will occur on our roads, however we all have a duty of care to run activities in a way that minimises the likelihood and severity of collisions.

- *Vulnerable road users include pedestrians, motorcyclists, cyclists, children, people with disabilities and older people.*
- *1 in 3 of those who died on our roads in 2008 were vulnerable road users, 1 in 5 were pedestrians, 1 in 10 were motorcyclists and 1 in 20 were pedal cyclists.*
- *Twenty children, 14 years of age or younger, were killed on our roads in 2008. Out of these, 9 were car passengers, 8 were pedestrians and 1 was a pedal cyclist.*
- *Research has shown that the majority of collisions and fatalities on Irish roads involve the 17-24 year old age group.*
- *A significant number of collisions and fatalities on our roads are caused by inexperience, a lack of planning, intoxication and driver fatigue.*

The RSA through the provision of these guidelines aims to assist all sporting organisations in checking that sporting activities are managed in an environment which is free from risk of a participant's or spectator's personal health and safety. As a result we are all playing our part in providing an enjoyable and safe environment for all members of sporting organisations. In addition, clubs will develop into road safety aware organisations by implementing good road safety practices, ultimately providing many tangible benefits for participating clubs:

- **Increased Membership** - Addressing issues like health and safety will give parents confidence when choosing a club for their children.
- **Club Development** - The foundation of any club is the youth structure.
- **Developing Personnel** - As part of becoming a Road Safety Aware Sporting Organisation you will enhance the knowledge and skills of managers, coaches and all involved.

It is best practice to ensure that all sporting activities are undertaken and managed in a safe manner as far as is reasonably practicable - taking reasonable steps to prevent foreseeable harm. As the convenor of a public event, it is important to demonstrate duty of care to the participants of your organised activities, spectators as well as other people who are not involved in the event (i.e. other road users). This guidance document will assist all personnel involved in the organisation and management of sporting activities in providing a risk free setting, specifically relating to road safety, for all its members. Additionally, it allows clubs to play a significant role in reducing the high incidence of collisions and fatalities on Irish roads.

SCOPE OF ROAD SAFETY GUIDELINES

These guidelines apply to all personnel involved in the activities of sporting organisations. Each member has a role to play in the implementation of an effective road safety strategy.

The following are suggested roles for the Chairperson, Club Secretary, Grounds Staff, Managers / Coaches, Committee Members, Players and all other persons involved.

It is important to bear in mind that this section of the Safety Manual should be read in conjunction with the Arklow Town FC Child Protection Policy



Key responsibilities relating to various roles within a sporting organisation include:

(a) Role of Chairperson

- To implement and regularly monitor a road safety policy statement.
- To ensure that adequate resources are made available to effectively implement the policy.
- To ensure that all relevant people in the club are aware of their role in relation to road safety and are held accountable for their role in the implementation process.

(b) Role of Committee Members

- To ensure that good practice in relation to road safety is incorporated into all activities of the club.
- To continually monitor and evaluate road safety practices and report incidents where best practice has not been conformed to.
- To ensure that any training of members that is required to enhance their knowledge and expertise in the area is identified, authorised, and put into practice.
- To monitor breaches of road safety rules and to ensure corrective action is taken.

(c) Role of Club Secretary

- To ensure that the road safety policy is circulated to all appropriate personnel and to make it widely available at club level through notice boards, coaches and team managers as well as other appropriate mediums.
- Display road safety posters in changing rooms, meeting rooms or other appropriate areas.
- Disseminate road safety information at training sessions.
- To bring to the attention any road safety related correspondence to the committee.
- To keep on record any incidents relating to road safety which have been highlighted.

(d) Role of Grounds Staff

- To have a thorough knowledge of the Club's safety procedures and traffic management plans and actively implement them according to the road safety policy.
- To ensure that access to emergency assistance and adequate first aid measures are available on site at all times, in the event that an incident occurs in close proximity to the grounds.

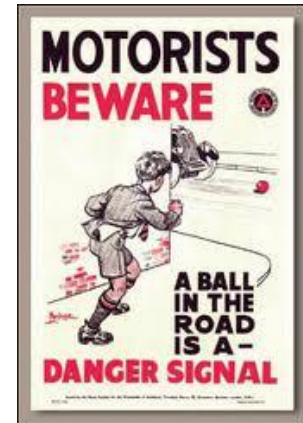
(e) Role of Coach / Team Manager

- Managers / Coaches develop the knowledge, techniques and motivation of sports teams and players at all levels, from beginners to top professionals. As coach, a key part of the role is planning activities, sessions and programmes and has huge influence on the safety culture in clubs including road safety. Road safety is an area which can be introduced into the planning of the activities before and after training sessions.



The following issues are suggested to improve the safety of all concerned.

✓ Raise the awareness of key road safety messages which include the dangers associated with speeding, drink driving, taking drugs and driving and the importance of wearing safety belts. This could include announcing a road safety message at the end of each training session.



✓ Advise children of the dangers associated with the retrieval of balls which accidentally end up on the public roads. Advise younger children to wait until an adult retrieves the ball and returns it to them.

✓ Encourage the use of high visibility clothing for all members attending training sessions and walking to and from the club.

✓ Encourage the use of reflective clothing for cyclists and pedestrians, appropriate lighting on bicycles and the importance of wearing a cycling helmet.

✓ Coaches and other club members transporting children in cars should be aware of the extent and limits of their motor insurance cover, particularly in relation to acceptable numbers and liability.

✓ Coaches and other relevant personnel should never carry more than the permitted number of passengers.

✓ Coaches and other relevant personnel should ensure the use of safety belts while travelling.

ARKLOW TOWN FC ROAD SAFETY POLICY



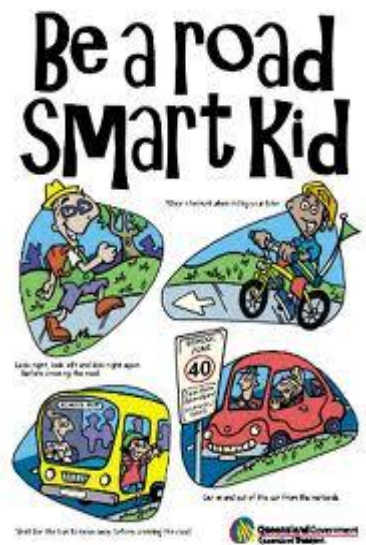
Arklow Town FC has compiled the following Road Safety Policy in an attempt to maintain a general consciousness of road safety issues and promote road safety in general throughout the club. The policy has been circulated to all relevant personnel within the club and whilst all have a duty of care it is accepted that Team Managers / Coaches are responsible for encouraging road safety awareness amongst their team members. The Arklow Town FC Road Safety Policy covers the following primary areas:

Road Safety Promotion

✓ The Club undertakes to present road safety instruction regularly to all age groups but with particular emphasis on our schoolboy / schoolgirl teams. Team Managers / Coaches are encouraged to promote good road safety practices and guidance within their teams.

Transporting Players

- ✓ Where children are being transported by car the club will ensure, as far as reasonably practicable, that vehicles are driven only by qualified and experienced drivers of an appropriate age. Drivers have a legal responsibility to ensure passengers aged under 17 are appropriately restrained. Children under 12 must be restrained in a child restraint appropriate for their weight and height.
- ✓ Car drivers must ensure the correct number of passengers are on board for the type of vehicle been driven.
- ✓ It is important that parents, coaches and other adults involved in post match celebrations lead by good example and ensure the safety of children and young adults during post match celebrations. Vehicle cavalcades and cheering from open sunroofs is extremely dangerous and is discouraged as there is a high possibility of a serious injury or fatality.
- ✓ Where children are being transported by bus / minibus the vehicle must have safety belts installed. An appropriate number of responsible adults must accompany children on the bus and should ensure that all children are informed of the importance of wearing safety belts.
- ✓ Children must not stand up or engage in any form of horseplay when the bus is moving.



Attending Away Games

- ✓ Where teams are obliged to walk in public areas when attending away fixtures the Rules of the Road must be observed at all times. Children should always walk on the footpath however if there is no footpath in place they should walk as near as possible to the right hand side of the road facing oncoming traffic. Children should never walk more than two abreast and if the road is narrow or carries heavy traffic they should walk in single file.
- ✓ Team Managers / Coaches should ensure that teams never congregate as a group on a public road or when waiting for team mates.





ROAD SAFETY - CODE OF PRACTICE FOR COACHES AND PARENTS

Support the player's involvement and help them enjoy their sport.

Set a good example by practicing good road safety habits and behaviour.

Encourage players to practice good road safety behaviour.

Ensure the use of safety belts at all times.

Encourage players to wear visible clothing when walking / cycling to training sessions or games.

Encourage and guide players to accept responsibility for their own behaviour and actions.

Discourage unsafe practices such as travelling in cavalcades after match celebrations.

ROAD SAFETY - GUIDELINES WHEN ORGANISING EVENTS

Depending on the scale, location and nature of the event the following issues may need to be taken into consideration:

- From a traffic management perspective it may be necessary to contact the local Gardai in advance of the event. Local media should be utilised to inform the public.
- Ensure that there are sufficient marshals to supervise the route and general area.
- Avoid starting or ending an event at a time which coincides with busy traffic periods.
- If it is necessary to signpost the route you must ensure that the signage is safe and complies with regulations. Signage should not be a distraction to other road users and should clearly communicate the relevant information.
- Where a parade is involved never allow cars to follow closely behind as this can be dangerous and can cause obstruction and inconvenience to other traffic.

- A Traffic Management Plan should be devised before the event, with particular attention given to safety at high risk areas where there is interaction between pedestrians and vehicular traffic. The plan should be communicated to all relevant persons and a procedure implemented within each person's designated area of control. The Traffic Management Plan should take account of access / egress for emergency vehicles in the event of an incident occurring at the event.
- Ensure adequate parking facilities for the anticipated numbers expected to attend the event.
- Marshals should be appointed to man parking areas. They should be provided with high visibility clothing, which conforms to EN471, to ensure their safety and visibility.
- The Traffic Management Plan should ensure that there is clear delineation of pedestrian access / egress routes at parking areas so as to minimise risks. All marshals should have clear knowledge of the Traffic Management Plan being implemented at the event.
- Adequate lighting should be available in parking areas to increase visibility - particularly where there is interaction between pedestrians and vehicles.
- Ensure adequate parking space is allocated for buses / coaches attending the event. Where possible, avoid using roads without proper footpaths or verges or roads with road works.
- Parking provision should be in place for the safety of players who are being dropped off or picked up by parents or guardians or other parties.

POST-MATCH CELEBRATIONS

In Irish culture it is often popular thinking that alcohol is a necessity in order to have a successful social event. Encourage non-alcoholic events following post-match celebrations or other social occasions associated with sporting events. This instills a sense of awareness and responsibility over time with younger age groups.

Where alcohol is consumed, it is important to consider alternatives available to ensure members return home safely. Involve a local bus or taxi company who may be willing to offer free or reduced fares for the event in lieu of publicity. Attending persons should be encouraged to participate in a designated driver's campaign.

ARKLOW TOWN FOOTBALL CLUB, IN PROVIDING GUIDELINES, DOES NOT ATTEMPT TO GIVE PROFESSIONAL ADVICE IN RELATION TO THESE ISSUES. ANY PARTY WITH A LEGAL QUERY SHOULD SEEK APPROPRIATE LEGAL ADVICE ON THE ISSUES CONCERNED.