



SAFETY

Accident Trends

Benefits of reducing claims/accidents to the members start with providing a better soccer experience for our players and the potential for lowering of the existing costs or offering a even better benefit package.

We would like all our members to consider the following recommendations:

1. We need better review of the fields we use and a better way of insuring that the playing surfaces are up to standards and safe to play on.
2. We need to better educate our referees to help us reduce tackles from behind.
3. We need to insure our members understand the necessity of warming up prior to playing.
4. We need to provide more education to our members' players on preventing knee injuries.
5. We need to provide information to our members on how to fall in a manner to eliminate injuries to the extremities.

Lightning

Lightning deaths in the United States show that Soccer was the highest sporting event with lightning deaths.

Referees should be, and are responsible for the safety of players once the game begins, so if they suspend a match for safety, we should be applauding them, and not criticizing them for doing their job!

PROCEDURES FOR SAFETY OPERATIONS OF GOLF CARTS

The following are basic rules of operating and maintaining golf carts used during events:

- Golf carts should be operated on perimeter roadways whenever possible. Sidewalks should be used only where roadways and/or parking lots are not available, and then only to the nearest adjacent street or parking lot.
- When on the roadway, keep to the far right side of the lane to allow other vehicles to pass, if safe to do so. Maintain adequate distance between vehicles.
- Pedestrians always have the right of way and operators of the golf carts will permit the right-of-way. If the golf cart is being operated on a sidewalk, the operator will pull off of the sidewalk to pass the pedestrians or stop the unit when approaching pedestrians until they pass.
- No golf cart is to be operated with more passengers than seating is provided.
- Confirm that all passengers are securely seated before taking off.
- Always obey all traffic rules and regulations. Golf cart operators must possess a valid driver's license and observe all vehicle traffic laws.
- Keep hands, legs, feet, and arms inside the golf cart when it is in motion.
- Never back up without making sure there are no obstructions behind the cart.
- Never exceed the safe speed limit of 15 mph.
- Reduce speed to compensate for inclines, pedestrians, and weather conditions.
- Approach sharp or blind corners with caution and reduce speed.
- Use extreme care at building entrances and upon entering/exiting enclosed areas.
- Use extreme care around larger crowds and keep focused with eyes ahead.
- Never leave the keys in the golf cart when unattended.
- Always lock and secure the golf cart when it is not being used.
- The use of cell phones or texting should never be performed while driving.
- Always be a defensive driver and be alert for any potential dangers or hazards.

I have read and understood, and will abide by the above stated rules and regulations regarding golf cart operations.

Name

Date

SOCCER GOAL SAFETY

1. Introduction

This handbook presents guidelines for the installation, use and storage of full-size or nearly full size movable soccer goals. The U.S. Consumer Product Safety Commission (CPSC) believes these guidelines can help prevent deaths and serious injuries resulting from soccer goal tip over. Publication of the handbook is intended to promote greater safety awareness among those who purchase, install, use, and maintain movable soccer goals.

These guidelines are intended for use by parks and recreation personnel, school officials, sports equipment purchasers, parents, coaches, and any other members of the general public concerned with soccer goal safety.

These guidelines are intended to address the risk of movable soccer goal tip over. They are not a CPSC standard, nor are they mandatory requirements. Therefore, the Commission does not endorse them as the sole method to minimize injuries associated with soccer goals.

2. Soccer Goal Injuries and Deaths

According to the National Soccer Participation Survey (Soccer Industry Council of America), over 16 million persons in the United States play soccer at least once a year.

There are approximately 225,000 to 500,000" soccer goals in the United States. Many of these soccer goals are unsafe because they are unstable and are either unanchored or not properly anchored or counter-balanced. These movable soccer goals pose an unnecessary risk of tip over to children and adults who climb on goals (or nets) or hang from the crossbar. Many of the serious incidents occurred when the soccer goals tipped over onto the victim.

The majority of movable soccer goals are constructed of metal, typically weighing 150-500" pounds. The serious injuries and deaths are a result of blunt force trauma to the head, neck, chest, and limbs of the victims. In most cases this occurred when the goal tipped or was accidentally tipped onto the victim. High winds can also cause movable soccer goals to fall over.

3. Rules of Soccer

"Goal-posts and cross-bars must be made of wood, metal, or other approved material as decided from time to time by the International Football Association Board. They maybe square, rectangular, round, half round, or elliptical in shape."

"Goal-posts and cross-bars made of other materials and in other shapes are not permitted. The goal-posts must be white in color."

"The width and depth of the cross-bar shall not exceed 5 inches(12 cm)."

4. Design/Construction Guidelines

While a movable soccer goal appears to be a simple structure, a correctly designed goal is carefully constructed with counterbalancing measures incorporated into the product. The common dimensions of a full-size goal are approximately 7.3 m (24 ft.) in width by 2.4 m (8 ft.) in height and 1.8 m (6 ft.) in depth (see Figure 1). The stability of a soccer goal depends on several factors. One effective design alternative uses a counterbalancing strategy by lengthening the overall depth of the goal to effectively place more weight further from the goal's front posts (more weight at the back of the goal). A second design selects lightweight materials for the goal's front posts and crossbar and provides much heavier materials for the rear ground bar and frame members. This tends to counterbalance the forces working to tip the goal forward. Another design uses a heavy rear framework and folds flat when not in use, making the goal much less

likely to tip over. Finally, after these various designs are considered, it is imperative that ALL movable soccer goals be anchored firmly in place at all times (see section 5).

5. Anchoring/Securing/Counter weighting Guidelines

A properly anchored/counterweighted movable soccer goal is much less likely to tip over. Remember to secure the goal to the ground (preferably at the rear of the goal), making sure the anchors are flush with the ground and clearly visible. It is **IMPERATIVE** that ALL movable soccer goals are always anchored properly. There are several different ways to secure your soccer goal. The number and type of anchors to be used will depend on a number of factors, such as soil type, soil moisture content, and total goal weight.

Anchor Types

Auger style

This style anchor is “helical” shaped and is screwed into the ground. A flange is positioned over the ground shoes (bar) and rear ground shoe (bar) to secure them to the ground. A minimum of two auger-style anchors (one on each side of the goal) are recommended. More may be required, depending on the manufacturer’s specifications, the weight of the goal, and soil conditions.

Semipermanent

This anchor type is usually comprised of two or more functional components. The main support requires a permanently secured base that is buried underground. One type of semi-permanent anchor connects the underground base to the soccer goal by means of 2 tethers. Another design utilizes a buried anchor tube with a threaded opening at ground level. The goal is positioned over the buried tube and the bolt is passed through the goal ground shoes (bar) and rear ground shoe (bar) and screwed into the threaded hole of the buried tube.

Anchor

Typically two to four pegs or stakes are used per goal (more for heavier goals) (Figure 3.3). The normal length of a peg or stake is approximately 10 inches (250mm). Care should be taken when installing pegs or stakes. Pegs or stakes should be driven into the ground with a sledge-hammer as far as possible and at an angle if possible, through available holes in the ground shoes (bar) and rear ground shoe (bar) to secure them to the ground. If the peg or stake is not flush with the ground, it should be clearly visible to persons playing near the soccer goal. Stakes with larger diameters or textured surfaces have greater holding capacity.

J-Hook Shaped Stake style

This style is used when holes are not pre-drilled into the ground shoes (bars) or rear ground shoe (bar) of the goal. Similar to the peg or stake style, this anchor is hammered, at an angle if possible, directly into the earth. The curved (top) position of this anchor fits over the goal member to secure it to the ground. Typically, two to four stakes of this type are recommended (per goal), depending on stake structure, manufacturers specifications, weight of goal, and soil conditions. Stakes with larger diameters or textured surfaces have greater holding capacity.

Sandbags/Counterweights

Sandbags or other counterweights could be an effective alternative on hard surfaces, such as

artificial turf, where the surface cannot be penetrated by a conventional anchor (i. e., an indoor practice facility). The number of bags or weights needed will vary and must be adequate for the size and total weight of the goal being supported.

Net Pegs

These tapered, metal stakes should be used to secure only the NET to the ground.

Net pegs should **never** be used to anchor a soccer goal

6. Guidelines for Goal Storage or Securing When Goal is Not in Use

The majority of the incidents investigated by CPSC did not occur during a soccer match. Most of the incidents occurred when the goals were unattended. Therefore, it is imperative that all goals are stored properly when not being used. When goals are not being used always:

- a) Remove the net,
- b) Take appropriate steps to secure goals such as:

Using Chain and Lock

- 1) Place the goal frames face to face and secure them at each goalpost with a lock and chain.
- 2) Lock and chain to a suitable fixed structure such as a permanent fence,
- 3) Lock unused goals in a secure storage room after each use,
- 4) If applicable, fully disassemble the goals for seasonal storage, or
- 5) If applicable, fold the face of the goal down and lock it to its base.

Conclusions/Safety Tips

Securely anchor or counterweight movable soccer goals at ALL times. Anchor or chain one goal to another, to itself in a folded down position, or to nearby fence posts, dugouts, or any other similar sturdy fixture when not in use. If this is not practical, store movable soccer goals in a place where children cannot have access to them. Remove nets when goals are not in use. Check for structural integrity and proper connecting hardware before every use. Replace damaged or missing parts or fasteners immediately.

NEVER allow anyone to climb on the net or goal framework.

Ensure safety/warning labels are clearly visible (placed under the crossbar and on the sides of the down-posts at eye level).

Fully disassemble goals for seasonal storage.

Always exercise extreme caution when moving goals and allow adequate manpower to move goals of varied sizes and weights. Movable soccer goals should only be moved by authorized and trained personnel.

Always instruct players on the safe handling of and potential dangers associated with movable soccer goals. Movable soccer goals should only be used on LEVEL (flat) fields.