

Goal Post Safety Check List



This check list is designed to assist all club officials, coaches and referees to ensure goal post safety PRIOR to a match being played on a pitch. **HOMEMADE** goal posts should **NEVER** be used at any ground, posts that show signs of rust or metal fatigue should not be used.

	Safety Check Item	For Portable Goals	✓ ✗	For Fixed Goals	✓ ✗
1	Identify the type of Goals; Portable or Fixed ?				
2	Visually check that goal posts anchored to the ground correctly.	<i>They should have either ground pegs over the base framework, chain anchors or sandbags on the base framework sufficient to stop tipping.</i>		<i>The posts should be well fixed to a concrete plinth or correctly inserted into a ground socket and not move.</i>	
3	Physically test the goal posts are secure.	<i>The goal posts should not move or tip when pushed from the front, rear or side.</i>		<i>The goal post should not move in the ground or be able to be lifted out of the ground.</i>	
4	Secure the goal posts to the ground.	<i>Add extra pegs or sandbags to ensure the goal posts do not tip or move.</i>		<i>Check bolts on plinth and re-tighten, replace ground socket and recompact soil around the goal post.</i>	
5	Are there any signs of rust or metal fatigue?	<i>All goal posts should be free of rust and well maintained. DO NOT use if they are in poor condition</i>		<i>All goal posts should be free of rust and well maintained. DO NOT use if they are in poor condition</i>	
6	Is the crossbar well secured to the uprights?	<i>The cross bar MUST be well secured to the goal posts at all times to prevent injury, if it is not, repair immediately or do not use.</i>		<i>The cross bar MUST be well secured to the goal posts at all times to prevent injury, if it is not, repair immediately or do not use.</i>	
7	Are there adequate Net Hooks installed?	<i>It is recommended that no metal or steel hooks are installed on portable goal posts, ONLY use Tape, Velcro, Plastic Hooks or other soft fixings.</i>		<i>Although many older style posts use metal or steel hooks, these should be updated to plastic hooks where possible, and use Velcro or Tape to secure the nets.</i>	
8	Are the nets secured by Net Pegs?	<i>Net pegs should only used to secure the net and NOT the posts. DO NOT use metal pegs, PLASTIC PEGS only are to be used.</i>		<i>Net pegs should only used to secure the net and NOT the posts. DO NOT use metal pegs, PLASTIC PEGS only are to be used.</i>	
9	Player & Spectator Safety. (Swinging on goals posts and nets can cause, severe harm, permanent injury or even death)	<i>At NO TIME should anyone swing, climb or play on goal posts or goal nets, ensure that all players and spectators are made aware of this policy.</i>		<i>At NO TIME should anyone swing, climb or play on goal posts or goal nets, ensure that all players and spectators are made aware of this policy.</i>	