



### Portable Goal Safety

For safety reasons goalposts of any size (including those which are portable and not installed permanently at a pitch or practice field) must always be anchored securely to the ground.

- a. Portable goalposts must be secured by the use of chain anchors or appropriate anchor weights to prevent them from toppling forward.
- b. It is essential that under no circumstances children or adults should be allowed to climb, swing on, or play with the structures of the goalposts. Particular attention is drawn to the fact that if not properly assembled and secured, portable goalposts may topple over.
- c. Portable goalposts should not be left in place after use. They should be dismantled and removed to a place of secure storage. It is strongly recommended that nets should only be secured by plastic hooks or tape and not by metal cup hooks. Any metal cup hooks should if possible be removed and replaced.
- d. New goalposts should not be purchased if they include metal cup hooks which cannot be replaced. Goalposts which are “home-made”, or which have been altered from their original size or construction should not be used. These have been the cause of a number of deaths and injuries.
- e. Guidelines to prevent toppling:
  - i. Follow manufacturer’s guide-lines in assembling goalposts.
  - ii. Before use, Coaches should test the goals following the guidelines below:
    - 1.Ensure each goal is anchored securely in its place
    - 2.Exert a significant downward force on the cross bar
    - 3.Exert a significant backward force on both upright posts
    - 4.Exert a significant forward force on both upright posts