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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Squash**  | **Date** | **26/09/22** |
| **Club or Society** | **Seals mixed medics squash** | **Assessor** |  |
| **President or Students’ Union staff member** | **James Weir** | **Signed off** |  |

| ***PART A***  |
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| **(1) Risk identification** | **(2) Risk assessment** | **(3) Risk management** |
| **Hazard** | **Potential Consequences** | **Who might be harmed****(user; those nearby; those in the vicinity; members of the public)** | **Inherent** |  | **Residual** | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |
| Dangerous or faulty facilities e.g. door hanging off hinges, slippery flooring, poor lighting/faulty tubes, faulty heating, broken boards | sub-standard courts and a heightened chance of an injury to the player | Players | **2** | **2** | **4** | Reporting all faults in the squash courts by e-mail to the Facilities Manager and copy this into the Sports Department and its nominated officers.   | **1** | **2** | **2** |  If faults are not corrected within a reasonable time period, speak to the Facilities Manager in person.   |
|  Squash court playing surface: a slippery or wet floor | Player injury | Players  | **2** | **3** | **6** |  Ensure that the correct footwear is used by all players. The floors should be cleaned by the Sports Department on a regular basis so that dust is removed. The floors should be unsealed, with red painted lines and regularly checked for split boards.   | **1** | **3** | **3** | Refer to England Squash Technical sheet number 12 for ‘guidelines for safety on Squash Courts’. If courts are not cleaned on a regular basis, speak to the Facilities Manager in person |
| Lack of water  | Dehydration  | Players  | **3** | **2** | **6** | Players should take on regular fluid during the course of the game. If players feel faint or dizzy they should stop playing | **1** | **2** | **2** | Refer to England Squash Technical sheet number 12 for ‘guidelines for safety on Squash Courts’. If heating or ventilation at the courts is not working, speak to the Facilities Manager in person.  |
| Entering court when others are in play | injury | Players or spectators | **3** | **1** | **3** | Players not to enter a court without first looking through the door and knocking on the door and waiting for players to acknowledge the end of their game; as well as to always play with the door fully closed.  No spectators allowed to stand at the back of the court, instead to use the viewing gallery.   | **1** | **1** | **1** | Signage provided on the squash court doors.   |
|  Lack of a warm-up resulting in muscular injury.    |  | Players  | **3** | **2** | **6** |  Proper warm-up routines included at the start of each training session/match. Stretching and a warm-down after a game are advised to reduce the chance of muscle soreness.   | **1** | **2** | **2** | Refer to England Squash Technical sheet number 13 for ‘guidelines for safety on Squash Courts’.  |
| Injury brought about by not having an appropriate level of fitness or not having full knowledge of the manner in which the game should be played.  | Injury  | Players  | **3** | **1** | **3** |  Advice given regarding the level of fitness required and the rules of the game to be observed.  Squash players informed not to play if they a) have just had a meal b) have been ill or c) are experiencing unexplained chest pain or breathlessness.  If players feel unwell during a game, players to stop playing. | **2** | **1** | **2** |  Refer to England Squash Technical sheet number 13 for ‘guidelines for safety on Squash Courts’. |
|  Eye injuries resulting from a blow from a racket, ball or collision with another player.    | Eye Injury  | Players | **3** | **3** | **9** | Eye protection encouraged, and if glasses are worn, they must be unbreakable (lenses as well as frames) and contact lenses should be soft.  | **3** | **2** | **6** |  Please refer to England Squash Technical sheet number 14 for guidelines for ‘Eye Protection for Squash Players’  Eye protectors should be selected from those specifically designed for Squash.  It is recommended that doubles squash should always be played wearing eye protection.   |
| Being hit by a ball | Injury/ bruising – to more severe trauma  | Players  | **3** | **2** | **6** |  Eye protection as above. Ensure that players have ‘good court awareness’ and ‘lets’ are played as required during the course of the game. For less experienced players, coaching should remove the need for ‘flailing straight arm shots’ . Players to understand when is appropriate to call lets and strokes – encouraged to so when there is potential danger in taking a shot.  | **1** | **2** | **2** |  |
| Hit by an opponents racket  | Variable injuries but probably upper limb injuries | Players  | **2** | **2** | **4** |  Ensure that players have ‘good court awareness’ and ‘lets’ are played as required during the course of the game. For less experienced players – coaching should remove the need for ‘flailing straight arm shots’. Rackets should be in good order – no sharp edges.Players to understand when is appropriate to call lets and strokes – encouraged to so when there is potential danger in taking a shot.  | **1** | **2** | **2** |  |
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| ***PART B – Action Plan*** |
| **Risk Assessment Action Plan** |
| **Part no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | **Review date** | **Outcome at review date** |
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**Committee Member Responsible:**

 

**Ryan Mendes James Weir**

Signed 26/09/22 Signed 28/09/22

**Assessment Guidance**

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| 1. Eliminate
 | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why |  |
| 1. Substitute
 | Replace the hazard with one less hazardous | If not possible then explain why |
| 1. Physical controls
 | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 1. Admin controls
 | Examples: training, supervision, signage |  |
| 1. Personal protection
 | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| **LIKELIHOOD** | 5 | 5 | 10 | 15 | 20 | 25 |
| 4 | 4 | 8 | 12 | 16 | 20 |
| 3 | 3 | 6 | 9 | 12 | 15 |
| 2 | 2 | 4 | 6 | 8 | 10 |
| 1 | 1 | 2 | 3 | 4 | 5 |
|  | 1 | 2 | 3 | 4 | 5 |
| **IMPACT** |

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| Impact | Health & Safety |
| 1 | Trivial - insignificant | Very minor injuries e.g. slight bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered.  |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical support.  |
| 4 | Major  | Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.  |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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| Likelihood |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |