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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Training** | **Date** | **26/11/2018** |
| **Club or Society** | **Southampton University Amateur Boxing Club** | **Assessor** | ***Hugo Flint – Boxing President*** |
| **President or Students’ Union staff member** | ***Hugo Flint – Boxing President*** | **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** |
| Training while unfit | Injury- Muscle/joint strainImpact InjuryBruisesCutsConcussion/head injury  | SUABC Members, Volunteer Fighters , participants  | **3** | **4** | **12** | Members encouraged to disclose any injury or pre-existing medical conditions to committee Observation by committee members of any sparring and trainingAll participants required to warm up prior to beginning training  | **1** | **4** | **4** | SUABC first aiders on site during training (how many, who trained with) |
| Skipping Rope whip | Small bruise, small cut  | user | **3** | **2** | **6** | SUABC Committee to oversee training and will ensure skipping ropes are used correctly Committee will check that there is Sufficient space around skipping area for it to be done safelyChecks will be done to ensure Skipping ropes have secure handles and are in good conditionSUABC Committee trained to use skipping roper appropriately and will instruct all new users of proper and safe use- coaches from Golden Ring Boxing to advice  | **2** | **2** | **4** | SUABC first aiders on site during training (how many, who trained with)Report any accident or injury to Glen Eyre residencies team Call emergency services/111 as required  |
| Slipping on the training room floor | Sprain or Bruise, broken bone, small fracture, head injury  | user | **2** | **2** | **4** | Floors should be non-slip, dry and clean Floors to be checked before use of session to ensure it is free from obstacles and hazardsAnd obstacles/spillages to be reported/cleared before session can begin/resume  | **1** | **2** | **2** | Report any hazards to Glen Eyre residences team  |
| Punch during sparring or pad work | Bruising to hand, face or ribsBurst Eardrum, Detached Retina, Fractures to face, hands, ribs | user | **3** | **3** | **9** | With appropriate training the consequence should be minimal. Observation by committee members of any sparring and training will minimise possible injury to membersNo one shall train without first of all warming up and warming down after training No one shall over train or attempt exercise beyond their capabilitiesBoxers are matched suitably according to age, experience, ability, weight and height | **1** | **3** | **3** | SUABC Committee trained to use skipping roper appropriately and will instruct all new users of proper and safe use- coaches from Golden Ring Boxing to advice Report any accident or injury to Glen Eyre residencies team Call emergency services/111 as required SUABC first aiders on site during training (how many, who trained with) |
| Exhaustion from fitness training | Short term nausea and tirednessDehydration | user | **3** | **3** | **9** | Supervision of all fitness training will be observed by the committee and anyone looking unwell will be taken aside to regain their energyLighting and heating is sufficientParticipants required to bring refreshmentAll learners and staff complete warm up exercises • All learners start from a basic level and complete all levels of their basic training programme.Briefing learners on the importance of warming up | **1** | **3** | **3** | Call emergency services/111 as required SUABC first aiders on site during training (how many, who trained with) |
| Wrist injury from bag work | Wrist sprain | user | **4** | **3** | **12** | Users of the punch bags will only be allowed to use the bags when wearing hand wraps to support their wrists.All learners and staff complete warm up exercises • All learners start from a basic level and complete all levels of their basic training programmeSUABC Committee trained to use bag appropriately and will instruct all new users of proper and safe use | **1** | **3** | **3** | Guidance given from Golden Ring Coaches |
| Hard punching in competitive bout | Concussion or brain injury resulting from hit to the headBurst Eardrum, Detached Retina, Fractures to face, hands, ribs | Competitors | **2** | **5** | **10** | Gloves are to be appropriate in weight (12/14/16oz) as per England Boxing guidelines.Headguards are to be considered in white collar bouts and some licenced bouts.Medics are to be present at all competitive bouts. | **1** | **5** | **5** | Call emergency services/111 as required SUABC first aiders on site during training (how many, who trained with) |
| Equipment- damage/unfit for purpose  | Injury- Multiple  | Participants,  | **2** | **3** | **6** | ChecksGloves are in good repair without rips, foam of sufficient depth across the knucklesHeadguards should fit the boxers correctly and have secure straps / lacingMouthguards are properly fittedAll equipment is appropriate for the number, age and level of boxersLighting and heating is sufficientSufficient space around equipment for it to be used safelyBag chains and fastenings are securely tightened and in good repair with no broken links or bent fasteningsSkipping ropes have secure handles and are in good condition | **1** | **2** | **4** | Any damaged equipment will be removed and will not be used  |
| Overcrowding-training space  | Injury- Multiple | Participants, | **2** | **3** | **6** | SUABC committee to ensure space is appropriate for the activity and number of participantsEquipment is not in a hazardous position or blocking entry / exit points | **1** | **3** | **3** | Report any issues to Glen Eyre residences team. If space no longer fit for purpose and alternative training space will be sourced  |
| Inappropriate dress  | Personal injuryInjury of other participants | Participants, members  | **2** | **3** | **6** | SUABC will brief fighters on clothing. Members will be advised to ensure footwear is in good repair and is a good fit | **1** | **3** | **3** |  |

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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** |
|  | Paramedics to be ringside at any competitive event | President |  |  |  |
|  | Ambulance on standby outside the event | President |  |  |  |
|  | Competitors to wear 16oz gloves and headguards. | Captain |  |  |  |
|  | Pre and post fight medicals to be conducted in any competition | Doctor (captain to oversee) |  |  |  |
|  | Qualified referee to stop any dangerous bout from continuing to avoid injury to competitors  | Referee (captain to oversee) |  |  |  |
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| Responsible committee member signature: | Responsible committee member signature: |
| Print name: Hugo Flint | Date:26/11/2019 | Print name: Hugo Flint | Date 26/11/2019 |

**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 |