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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Training** | **Date** | **03/09/2021** |
| **Club or Society** | **Southampton University Amateur Boxing Club** | **Assessor** | ***Rohit Guptha – Boxing President*** |
| **President or Students’ Union staff member** | ***Rohit Guptha – 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 members. Everyone must wear a headguard and gumshield when sparring. Sparring partners will be advised to hit lightly and focus on technique rather than power.No 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, transmission of COVID -19  | Participants, members | **4** | **5** | **20** | SUABC committee to ensure space is appropriate for the activity and number of participantsEquipment is not in a hazardous position or blocking entry / exit pointsDue to COVID-19, there will be limits to number of people allowed at once – it will be first come, first served and there will be no entrance past max capacity. Alternatively, booking system will be introducedFor big sessions such as taster sessions, they will be done in open areas such as Southampton common to minimise risk of transmission in a shared place. Registers will be taken for anyone coming to training sessions; student ID and university email will be taken | **2** | **3** | **6** | Report any issues to Glen Eyre residences team and Student life team If space no longer fit for purpose and alternative training space will be sourced  |
| Breaking of social distancing rules | COVID-19 transmission | User, members nearby | **3** | **5** | **15** | One way system will be introduced; there will be entrance only and exit only doors. Markers will be placed near entrance for queuing. For training session, a member will be placed in each station – 2m away from other members in all directions. There will be no sparring or pad work sessions until England boxing comes with further notices as those activities break social distancing. SUABC committees will observe members whether they are following the social distancing measures. Once a member is stationed, there should be no switching of places with others.  | **2** | **3** | **6** | Our NGB will allow full outdoor training from 29th of March and the governing body states that there will be no limits to size of session as long as we follow their guidelines. If the hall gets too crowded to have 2m social distancing between each station, the session will be carried in outdoor open areas such as Southampton Common |
| Aerosol transmission | COVID-19 transmission | User, members nearby | **3** | **5** | **15** | Members who are experiencing coughs, runny noses and any other symptoms that may related to COVID-19 would not be allowed to join a training session.  | **2** | **3** | **6** | Report any issues to Glen Eyre residences team and Student life team |
| Droplet transmission | COVID-19 transmission | User, members nearby | **3** | **4** | **12** | No sharing of water bottles, towels. Cleaning equipment after every session. No use of water fountain. | **2** | **3** | **6** | For ones who do not have own water bottles, prepare bottled water. Get disposable wipes for people who do not have towels. Getting personal equipment will be highly encouraged to club members.  |
| Poor hand sanitation  | COVID-19 transmission |  User, members, participants | **3** | **5** | **15** | At the entrance, there will be hand sanitisers for members to use before getting inside the hall - there will be committee members observing. Wash hands before and after training sessions.Members will be encouraged to bring their own gloves instead of using club gloves. For people who do not have own gloves, surgical gloves would be provided to be worn underneath club boxing gloves.New membership that comes up with a pair of gloves will be introduced.  | **2** | **3** | **6** | NHS’s 20 seconds handwashing posters will be printed out to give awareness to members. New gloves will be purchased.  |
| Infection through touching a surface object.  | COVID-19 transmission | User, members | **3** | **4** | **12** | Initial deep clean of the whole hall, cleaning after each training session. Weekly deep cleaning of the hall. Equipment such as heavy bags will be cleaned after each session | **2** | **2** | **4** | Every hall cleaning done by club will be reported to the Glen Eyre hall. There will be surface wipes ready to use. |
| 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** |  |

Our NGB guideline link: <https://www.englandboxing.org/news_articles/coronavirus-latest-return-to-outdoor-training-guidance/>

Latest update from England Boxing about outdoor padwork training: <https://www.englandboxing.org/news_articles/return-to-boxing-framework/>

Return to framework: <https://www.englandboxing.org/wp-content/uploads/2051/03/210324-Phased-Return-Guidance-v2.pdf>

England boxing rule: <https://www.englandboxing.org/wp-content/uploads/2020/07/England-Boxing-Rule-Book-2020.pdf>

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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 | At least a month before bout date |  |  |
|  | Ambulance on standby outside the event | President | At least a month before bout date |  |  |
|  | Competitors to wear 16oz gloves and headguards. | Captain | At least a month before bout date |  |  |
|  | Pre and post fight medicals to be conducted in any competition | Doctor (captain to oversee) | At least a month before bout date |  |  |
|  | Qualified referee to stop any dangerous bout from continuing to avoid injury to competitors  | Referee (captain to oversee) | At least a month before bout date |  |  |
|  | Committees observing club members to follow the COVD-19 restrictions | All committees | Every training session |  |  |
|  | Cleaning Glen Eyre hall and equipment before and after training sessions to prevent infections | All committees | Every training session |  |  |
|  | For big sessions, plan outdoor training with social distance measures | President, Captain | Before start of the season |  |  |
| Responsible committee member signature: | Responsible committee member signature: |
| Print name: Rohit Guptha | Date:21/09/2021 | Print name: Rohit Guptha | Date 21/09/2021 |

**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 |