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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **Training** | | **Date** | **27/09/2022** |
| **Club or Society** | **Southampton University Amateur Boxing Club** | **Assessor** | ***Ece Aksu– Boxing President*** | |
| **President or Students’ Union staff member** | ***Ece Aksu – 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 strain  Impact Injury  Bruises  Cuts  Concussion/head injury | SUABC Members, Volunteer Fighters, participants | **3** | **4** | **12** | Members should let the team know if they have any injury or pre-existing medical conditions to committee  The committee members will observe all of sparring and training  All participants required to warm up before the start of training | **1** | **4** | **4** | SUABC first aiders on site during training |
| Skipping Rope whip | Small bruise, small cut | user | **3** | **2** | **6** | SUABC Committee to oversee training and will ensure skipping ropes are used correctly and make sure that everyone is far away from each other so no injury can take place in this way.  The committee will make sure the skipping ropes will have secure handles  SUABC Committee will show all new users how to use skipping ropes | **2** | **2** | **4** | SUABC first aiders on site during training  Report any accident or injury to committee  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 will be checked to make sure they are non-slip and dry  And ensure it is free from obstacles and hazards  And obstacles/spillages to be reported/cleared before session can begin/resume | **1** | **2** | **2** | Report any hazards to Committee to pass onto Glen Eyre team |
| Punch during sparring or pad work | Bruising to hand, face, or ribs  Burst Eardrum, Detached Retina, Fractures to face, hands, ribs | user | **3** | **3** | **9** | With appropriate training there should not be damage and the SUABC committee and coach will be supervising and advising  Everyone must wear a headguard and gumshield when sparring.  Sparring partners will be told to hit lightly and focus on technique rather than power.  Boxers are matched suitably according to age, experience, ability, weight, and height | **1** | **3** | **3** | SUABC Committee who are trained to use skipping ropes will show all new users of proper and safe use  Report any accident or injury to committee to report to Glen Eyre team  Call emergency services/111 as required  SUABC first aiders on site during training |
| Exhaustion from fitness training | Short term nausea and tiredness  Dehydration | user | **3** | **3** | **9** | All fitness training will be supervised by the SUABC committee and anyone looking unwell will be taken aside to be assessed  We will make sure there is enough lighting and heating to ensure that the people participating will not be overpowered and will not overheat  Participants will be told to bring refreshment and directed to the water fountain that is near and will be given regular breaks throughout training for said refreshments  All participators and staff complete warm up exercises | **1** | **3** | **3** | Call emergency services/111 as required  SUABC first aiders on site during training |
| Wrist injury from bag work | Wrist sprain | user | **4** | **3** | **12** | The punch bags will only be allowed to those that have hand wraps to support their wrists  All participators and staff will complete warm up exercises  SUABC Committee will be trained to use bag appropriately and can therefore demonstrate its correct use.  All participators will be told to hit the bags lightly | **1** | **3** | **3** | Guidance given from Golden Ring Coaches |
| Hard punching in competitive bout | Concussion or brain injury resulting from hit to the head  Burst 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 |
| Equipment- damage/unfit for purpose | Injury- Multiple | Participants, | **2** | **3** | **6** | Checks  We will make sure that the gloves are in good condition without rips, foam of sufficient depth across the knuckles  The headguards should be fitted to the boxers correctly  The mouthguards should be the boxers own and properly fitted to their teeth  All equipment is appropriate for the number, age, and level of boxers  Sufficient space, lights, and heating  Bag chains and fastenings are securely tightened and in good repair with no broken links or bent fastenings  Skipping 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 will make sure that the space fits the amount of people attending  We will make sure the equipment is not in a hazardous position or blocking entry / exit points  A booking system will be introduced so we know our numbers and can reduce transmission as much as possible within the club  Registers will be taken for anyone coming to training sessions; student ID and university email will be taken  We will be following whatever guideline is in place within the university throughout the year | **2** | **3** | **6** | Report any issues to Glen Eyre team and committee If space no longer fit for purpose and alternative training space will be sourced |
| Inappropriate dress | Personal injury  Injury of other participants | Participants, members | **2** | **3** | **6** | SUABC committee members will make sure to let the participators know about clothing and will advise footwear 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: Ece Aksu | | | Date:27/09/2023 | Print name: Ece Aksu | | Date 27/09/2023 |

**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 |