

Risk Assessment

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| Risk Assessment for the activity of | Training Risk Assessment | | Date | 16/07/2023 |
| Unit/Faculty/Directorate | SUSU | Assessor (President) | Uluk Rasulov– Boxing President | |
| Vice President 2nd Committee Member | Thomas Hollis – Vice President | Signed off (SUSU Staff) | | |
| Club or Team Information | <p>Southampton University Amateur Boxing Club (SUABC) conducts training sessions several times a week this is the training Risk Assessment</p> <p>SUABC host an internal Fight Night Jointly with RAG usually in March/April time. This event will have a separate risk assessment.</p> | | | |

| PART A | | | | | | | | | | | |
|--------------------------------|---|--|----------------------------|---------------|--------------|---|----------------------------|---------------|--------------|--|--|
| (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 | | | Control measures (use the risk hierarchy) | Residual | | | Further controls (use the risk hierarchy) | |
| | | | Likelihood | Impact | Score | | Likelihood | Impact | Score | | |
| Training while unfit | Injury- Muscle/joint strain Impact Injury Bruises Cuts Concussion/head injury | SUABC Members who come to training | 3 | 4 | 12 | Members should let the team know if they have any injury or pre-existing medical conditions to committee Professional Coach and 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 | |

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| Jewellery and other objects in pockets | Earring and Jewellery can scratch, get caught or stuck during trainings | Training Participants | 2 | 2 | 4 | All people training asked to remove jewellery before training sessions | 1 | 1 | 2 | <p>If any injury occurs, seek medical attention.</p> <p>If severe, call 999 in an emergency.</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p> |

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| Fire in the Training Building | Smoke inhalation, burns and more severe. Risk of extreme harm. | All participants and committee members/ coaching staff | 1 | 5 | 5 | <p>Those leading the session must ensure they are aware of and fully understand the venue or locations fire procedures.</p> <p>Those leading must make sure that all exit routes are clearly highlighted and report any issues immediately to the venue.</p> <p>Highlight to all the participants the nearest emergency exit routes at the start of a session, and the importance of leaving calmly in case of an emergency.</p> | 1 | 4 | 4 | <p>In case of an emergency, please pull nearest fire alarm and ensure all participants leave the venue calmly and safely.</p> <p>Once in a safe position to do so, call the emergency services on 999.</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p> | |

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| Skipping Rope whip | Small bruise, small cut | SUABC Members who come to training | 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 | SUABC Members who come to training | 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 | Appropriate checks of the training rooms conducted by committee |

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| Punch during sparring or pad work | Bruising to hand, face, or ribs Burst Eardrum, Detached Retina, Fractures to face, hands, ribs | SUABC Members who come to training | 3 | 3 | 9 | <p>With appropriate training there should not be damage and the SUABC committee and coach will be supervising and advising.</p> <p>Everyone must wear a headguard and gumshield when sparring.</p> <p>Sparring partners will be told to hit lightly and focus on technique rather than power.</p> <p>Boxers are matched suitably according to age, experience, ability, weight, and height</p> | 1 | 3 | 3 | <p>Call emergency services/111 as required</p> <p>SUABC first aiders on site during training</p> |

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| Exhaustion from fitness training | Short term nausea and tiredness Dehydration | SUABC Members who come to training | 3 | 3 | 9 | All fitness training will be supervised by the SUABC committee and a professional coach. 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 | |

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|--|-------------------------|---|----------|----------|----------|--|----------|----------|----------|---|
| <p>Injuries due to damaged equipment</p> | <p>Injury- Multiple</p> | <p>SUABC Members who come to training</p> | <p>2</p> | <p>3</p> | <p>6</p> | <p>Checks</p> <p>We will make sure that the gloves are in good condition without rips, foam of sufficient depth across the knuckles</p> <p>The headguards should be fitted to the boxers correctly</p> <p>The mouthguards should be the boxers own and properly fitted to their teeth</p> <p>All equipment is appropriate for the number, age, and level of boxers</p> <p>Sufficient space, lights, and heating</p> <p>Bag chains and fastenings are securely tightened and in good repair with no broken links or bent fastenings</p> <p>Skipping ropes have secure handles and are in good condition</p> | <p>1</p> | <p>2</p> | <p>4</p> | <p>Any damaged equipment will be removed and will not be used</p> |
|--|-------------------------|---|----------|----------|----------|--|----------|----------|----------|---|

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| Overcrowding-training space | Injury- Multiple, transmission of COVID -19 | Participants, members | 2 | 5 | 10 | 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 | 2 | 3 | 6 | |
| 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.englishboxing.org/news_articles/coronavirus-latest-return-to-outdoor-training-guidance/

Latest update from England Boxing about outdoor padwork training: https://www.englishboxing.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>

| 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 |
| 1 | Make Sure Sparring to be done in 16oz gloves and headguards. | Captain | Before Training Session Starts | | |
| 2 | Make Sure Professional Coach is present at all Sparring Sessions | President | Before Training Session Starts | | |
| 3 | Committees observing club members to follow the COVID-19 restrictions | All committees | Every training session | | |
| 4 | Punching Bags, Headguards, And Boxing ring which can be taken apart potentially needs to be purchased depending on outcome of gym inspection by England Boxing | President | October/November | | |
| 5 | Appropriate Committee member to complete England Boxing Safeguarding Courses | Any Committee member who can (courses rarely around UK) | Before Academic Start date | | |

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| Responsible manager's signature: | | Responsible manager's signature: | |
| Print name: <i>Uluk Rasulov</i> | Date: 16/07/2023 | Print name: <i>Thomas Hollis</i> | Date: 16/07/2023 |

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 | |
| 2. Substitute | Replace the hazard with one less hazardous | If not possible then explain why | |
| 3. Physical controls | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well | |
| 4. Admin controls | Examples: training, supervision, signage | | |
| 5. 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 | | | | |

| 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.

| 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 |