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| Work/Activity: Indoor and Outdoor team sport |
| This risk assessment covers the considered risks of both the indoor and outdoor activities of SULCC. Indoor training located in Old Sports Hall, duration 1 hour and a half. Indoor matches, involving 6 players, are held at Fleming Park Leisure Centre, of 1 hour durationOutdoor training and matches located at Wide Lane Sports ground. Training duration 1 hour and a half. Matches, involving 11 players, are of varied durations. |
| Department/Club: Southampton University Ladies Cricket Club (SULCC) | Assessor(s):Louise Speake | Contact: ls10g14@soton.ac.uk |
| Guidance/standards/Reference documents:  | Competence requirements: |
| * <http://www.hse.gov.uk/Risk/faq.htm>
* <http://static.ecb.co.uk/files/ecb-non-pitch-ts3-doc-hi-22-02-08-1335.pdf> (ECB indoor cricket sports hall specifications)
* <http://www.ecb.co.uk/groundsman/health-and-safety-cricket-clubs>
* <http://www.hse.gov.uk/entertainment/leisure/amateur-sports-club.htm>
 | Role: *[who has what H&S responsibilities for each task]* | Skills, experience or qualifications: *[what training/experience has this person had to undertake their H&S responsibilities]*  |
| Chloe Ellison: Club President – responsibility to ensure that all the necessary equipment is providedSian Carrel: Team Captain - responsible for H&S information such as existing medical conditionsAashna Sadhnani: Welfare officer/Secretary – responsible for H&S during training, joint with Team CaptainFrances Daniels/Hannah Malcolm: Social Secretaries – responsible for safe social events  | Louise Speake: 12 years cricket experience, qualified UK level 2 cricket coach, first aid trained, safeguarding certificateKirstin Davenport: 11 years club, 5 years county, first aid (including BLS and AED, and food allergy awareness), safeguarding certificateAnisha Patel: 1 years university club experienceAllie Hammans: 1 years cricket experience  |
| Risk assessments linked: |
| Fleming Park, Eastleigh risk assessment attachedwww.susu.org/downloads/sports/risk-assessment.xlsmJubilee Sports Centre Venue Fire risk assessments and Emergency Action PlansSUSU Transport Risk Assessments |

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| Task | Hazards | Who might be harmed and how | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Residual risk/9 | check SA/DM |
| Training / Match |  Loss of balance | Players - causing sprains, strains, bruising, fractures and head injury. | Facilities maintained and checked by Sport and Wellbeing | 6 | Training supervised by competent club personnel whom have several years’ experience in the sport and/or coaching qualifications. Skill level of drills appropriate to skill levels of players. Suitable footwear to be worn: trainers are suitable for both indoor and outdoor. Spikes may be worn outdoors should the player desire. | Committee Member | 2 |  |
| Outdoor training/ matches | Tripping hazards in nets and on the field whilst bowling | Players - causing sprains, strains, bruising, fractures and head injury. | Facilities maintained and checked by Sport and Wellbeing | 4 | Club members running training to check track/pitch for hazards before training and remove | Committee Member | 2 |  |
| Training/ matches | Injuries due to not warming up properly | Players - sprains, muscle strain | Competent club personnel (committee member and/or coach) ensures that appropriate warm up/cool down activities are included in every training session. | 1 |  | Louise Speake and Kirstin Davenport |  |  |
| Training / Match | Intended collision with other players/equipment | Players - sprains, strains, bruising, fractures and head injury. | There is no intended collision with other players in this sport | 0 | None required | N/A | 0 |  |
| Training / Match |  Unintended collision with other players/equipment. | Players- sprains, strains, bruising, fractures and head injury | The club provides pads and helmets for all training sessions and matches. | 6 | Training to be supervised by competent club personnel whom have several years’ experience in the sport and/or coaching qualifications. Protective equipment (helmets and pads) must be worn by batters, which are appropriately checked and maintained (equipment checked for suitability/efficacy every other training session) | Louise Speake and Kirstin Davenport | 2 |  |
| Training / Match | Accidents whilst batting | Players – sprains, large bruising, fractures, head injuries | Club members are instructed to wear suitable protective clothing (helmet, gloves, pads) when batting and taught correct batting technique by qualified member of club or coach. | 2 |  | Louise Speake and Kirstin Davenport |  |  |
| Training / Match | Lack of Knowledge/ skill.  | Players – especially novices - chronic injury due to poor technique or training discipline |  | 4 | Competent coaches (At least level 2 qualification) to proactively monitor physical conditioning of players. Coaches to ensure that appropriate warm up/cool down and flexibility drills included in every training session. Ensure novices are taught the skills of the sport (e.g. how to catch an outdoor ball) by an experienced member of the club/coach. | Louise Speake | 1 |  |
| Training / Match | Exhaustion | Players - hypoglycaemia, nausea, fainting and/ or vomiting |  | 3 | Competent coaches (qualified) to supervise and proactively monitor players in all training sessions. Sugary drink to be brought to outdoor matches by coach/committee member. Adverse weather conditions to be considered with respect to workload and intensity.  | Committee Member | 1 |  |
| Outdoor training/ matches | Injuries on the boundary | Spectators – bruising, fractures | Make sure all players not on the field of play, and spectators, sit a safe distance from the boundary | 2 |  | Committee Member |  |  |
| Outdoor training/ matches | Adverse weather (rain/bad light) could cause injury through inability to field correctly  | Players – sprains, strains, bruising, head injuries | Train in good weather. Workload/intensity of training to be considered if adverse weather. Wide Lane ground staff consulted for suitability of facilities and of conditions, if club members are in any way unsure | 2 |  | Committee Members |  |  |
| Health and Wellbeing | Existing medical conditions of club members  | Players – exacerbation of existing injuries/conditions e.g. sprains/strains | The club must be aware of any medical conditions the members may have. These should be confidential whilst being suitably dealt with. Club must ensure a qualified first aider attends training sessions.Sport and wellbeing to provide first aid for outdoor matches. | 1 |  | Committee Members |  |  |
| Circumstantial / matches | Dehydration/ sunburn/ sunstroke | Players | Drinking water available at all S&W facilities, and Fleming Park, Eastleigh (indoor matches held here). Advise players where they can get water from inside the pavilion (outdoor matches). | 3 | Competent coaches (at least level 1) to supervise and proactively monitor players in all training sessions. Water available at venue. Players required to bring their own water bottle to all club sessions. Players and a committee member to bring sunscreen to outdoor matches and to ensure hats are worn during long periods of play to protect from the sun.  | Louise Speake | 1 |  |
| Biological | Lack of Hygiene | Players and coaches affected by infection and disease | Shower provided at all university sports facilities and at Fleming Park, Eastleigh (indoor matches) | 3 | Clubs to keep equipment stored in a clean and dry place. Clubs to ensure that players exercise good personal hygiene practices. | General | 1 |  |
| Equipment set up/take down | Manual Handling | Players and coaches – sprains/strains |  | 4 | Club to be briefed in manual handling techniques by competent persons (experienced committee member/coach). Manual handling equipment available at SUSU and at Old Sports Hall – trollies to move mats and other equipment. | Committee Members | 2 |  |
| equipment | misuse of sports equipment | Players |  | 3 | Competent coaches (at least level 1) to supervise and proactively monitor players in all training sessions. | Louise Speake | 1 |  |
| equipment | damage of sports equipment – bats/ stumps/ nets | Players and coaches, affected by sprains, strains, head injuries. | Facilities maintained and checked by Sport and wellbeing. (See Sport and Wellbeing RA) | 4 | Club to check, monitor and maintain all sports equipment by competent personnel (experienced committee member or coach, every other training session for equipment, and every training session for the facilities). Unsafe equipment is to be clearly identified and marked 'DO NOT USE' prior to removal/disposal/repair. | Committee Members | 1 |  |
| Facilities | Risk of fire or flood | Players and coach | Ensure that a designated member of the club knows the emergency procedures for the facility | 1 |  | Committee Members | 1 |  |
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| Reviewed By:  | Comments: |
| Responsible person (SA/DM): | Date: |  |
| SUSU H&S manager (where applicable): | Date: |  |

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| Likelihood |
| Impact | 3 | 6 | 9 |
| 2 | 4 | 6 |
| 1 | 2 | 3 |

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| Impact |
| Level | **Description** |
| High (3)  | Major Injury or Death; Loss of limb or life-threatening conditions. In hospital for more than 3 days, and/or subject to extensive prolonged course of medical treatment and support.  |
| Medium (2) | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months. |
| Low (1) | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |

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| Likelihood |
| Level | **Description** |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | May occur only in exceptional circumstances |