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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | This risk assessment covers the considered risks of both the indoor and outdoor activities of SULCC.  -Indoor training located in Old Sports Hall, duration 2 hours.  -Indoor matches, involving 6 players, are held at Places Leisure Centre, duration 1 hour.  -Outdoor training and matches located at Wide Lane Sports ground. Training duration 2 hours. Matches, involving 11 players, are of varied durations. | | **Date** | **30/05/2020** |
| **Club or Society** | **Southampton University Ladies Cricket Club** | **Assessor** |  | |
| **President or Students’ Union staff member** | **Melissa Story** | **Signed off** |  | |

**Risk assessments/guidance cited:**

Fleming Park, Eastleigh

www.**susu**.org/downloads/sports/**risk**-**assessment**.xlsm

Jubilee Sports Centre

Venue Fire risk assessments and Emergency Action Plans

SUSU Transport Risk Assessments

* 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

| ***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** |
| Injury due to collisions with other people/ equipment | Bruises, sprains, strains, fractures, breaks | Players, umpires, coaches, spectators nearby | **2** | **2** | **4** | Collisions happen very occasionally, competency in cricket is the main prevention. | **1** | **2** | **2** | Training is supervised by an ECB accredited coach. Appropriate drills are done for skill level (especially beginners). Spikes are worn when playing outside. First aid kits are available at all venues we play our games and train |
| Injury due to lack of knowledge/skill | Sprains, bruises, fractures, breaks | Players, coaches | **3** | **2** | **6** | Beginners always told key safety points in the sport (watch the ball, protect fingers when catching, do not swing the bat around). | **2** | **2** | **4** | Our coaches are level 3 and level 2 ECB accredited meaning they are highly qualified to oversee our sessions. Our coaches, captains and President proactively assess players’ readiness for matches, use of hard-ball and higher levels of training. |
| Injuries due to jewellery | Superficial cuts, bruising | Players | **1** | **1** | **1** | Remove jewellery before training/matches to be sure. | **1** | **1** | **1** | None |
| Sun and insects while playing outside | Sunstroke – burns and longer term skin damage. Bites can cause infection or allergic reaction. Particularly likely in an outdoor summer sport. | Players (mainly) | **2** | **2** | **4** | None | **1** | **1** | **1** | Appropriate clothing worn (i.e. hat/long sleeves if necessary) and insect repellent and sun cream bought and used by players. Committee will always have spare in first aid kit (always brought to games). |
| Injury due to excessive bowling | Repetitive strain injuries (tendons, ligaments, joints, muscles) to back, knee, ankle, shoulder, stress fractures (over a longer duration of excessive bowling) | Fast bowlers | **3** | **2** | **6** | Fast bowlers should warm up and cool-down before bowling including dynamic stretches>static stretches. Bowlers should bowl in line with the ECB’s bowling guidelines i.e. should not exceed more that 7 overs (42 balls) per session. | **2** | **1** | **2** | Team captains should remind bowlers about these over rules and bowlers and teach players different stretches to be done before/after bowling. Players are encouraged to alert captain about injury/fatigue beforehand. |
| Injury due to lack of awareness of the ball during nets | Impact injury with hard ball- bruises, potential breaks, concussion | Players and coaches | **3** | **3** | **9** | Inexperienced players told at the start (and whenever needed) of sessions about net rules. | **2** | **2** | **4** | All players briefed about ‘net safety’ before every session i.e. reminders to look towards striking batsman. Committee should oversee net sessions and ensure these rules are being abided. |
| Injury due to lack of safety equipment i.e. pads, gloves and helmet or unsafe facilities | Falling over so breaks and bruises. Potential serious injury with hard ball hitting player – breaks, fractures and concussion. | Players, umpires, coaches | **3** | **2** | **6** | Sport & Wellbeing, Wide Lane and Places Leisure Centre staff maintain and check facilities and equipment to ensure safety. Committee proactively check club equipment to ensure it is safe, not faulty and abides to ECB regulations i.e. the size of grill gaps on helmets. | **2** | **2** | **4** | All keepers standing up to the stumps and fielders standing less than 12 yards from the bat have to wear a helmet. Unsafe protective equipment should not be used. Players are strongly encouraged to wear batting helmets. In indoor cricket, knee pads are encouraged too. |
| Lack of Hygiene | Infection and disease | Players and coaches | **2** | **3** | **6** | Showers provided at all university sports facilities and places leisure centre. | **1** | **2** | **2** | Personal protective equipment and shared kit/shirts encouraged and kept in a sanitary state. Team Captains are responsible for washing kit after matches and storing it in sanitary conditions. |
| Dehydration or exhaustion | Injury and illness following a game, especially likely in our sport during hot weather. | Players | **2** | **2** | **4** | Drinks break between innings in indoor matches. Water fountains provided. In outdoor games, drinks breaks are provided every 15 overs/between innings/run on by 12th man if players require. | **1** | **1** | **1** | Captains remind all players (especially fast bowlers) to rehydrate and rest during the day. Players encouraged to tell captains if they feel ill so they rehydrate and sit in the shade (can swap with 12th man). Sun hats strongly encouraged. |
| Players existing medical conditions and injuries | Reoccurrence of knee, back etc. injuries that are common in cricket. | Players | **2** | **2** | **4** | All players honest with how their body feels before, during and after the game. | **1** | **2** | **2** | At the beginning of the year, medical histories/past injury information is collected by President. Captains are responsible to monitor these injuries and stay in close contact with players. |
| Equipment issues | All equipment (including transport) used during a match day having issues could cause serious injury. | Players and coaches | **1** | **3** | **3** | All personal and team equipment used checked before use. Importantly if a helmet (wicket keeper or batsmen) is hit by the ball, it is replaced by another one. | **1** | **2** | **2** | SUSU minibuses used that are checked by the union before use and driver and captain check before driving. |
| Meetings between club members in a premise | Unclear and unsafe signage or lack of knowledge could cause injury during a fire. | Members | **1** | **3** | **3** | Ensure all signage is correct and everyone at the meeting is aware of the nearest fire exits. | **1** | **2** | **2** | Ensure everyone knows the evacuation meeting point and address any problems with the relevant staff members in the premises. Meetings always occur in the Bridge where fire exist are clearly labelled. |
| Injury or illness at social event | Drink or food consumed could cause allergic reactions or cause illness.  Overconsumption of alcohol at drinking socials can cause sickness, headaches and unconsciousness. | Members | **2** | **3** | **6** | Ensure everyone’s allergies are taken before any social event and shared with any venue a social event takes place. This information is collected by Welfare Officer.  Socials take place within safe environment and overseen by Social Secs. Members are not pressured to drink or met with ‘drinking punishments’/fines. | **1** | **3** | **3** | Ensure every venue we eat at has a food standard hygiene rating and options available for food allergies i.e. gluten free/dairy free options. |
| Injury while traveling to an away fixture | Road traffic incident could cause serious injury. | Players and members of the public | **2** | **4** | **8** | Only players who have passed the SUSU minibus test can drive to away fixtures using a SUSU minibus. | **1** | **3** | **3** | SUSU minibuses used are checked by the union before use. The driver and captain will also check the vehicle before driving. |
| Injury while taking part in a fundraiser | Doing exercise for long durations could cause injury or exhaustion. | Players | **3** | **2** | **6** | Ensure a warm-up and cool down takes place before any vigorous exercise or exercise over a long period. | **1** | **1** | **1** | Ensure numerous drinks breaks are taken during any long exercise. |

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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** | |
|  | Team equipment is checked at the start of indoor season and outdoor season | President and Vice-President | 7/10/20 and 29/4/21 |  |  | |
|  | Checking of cricket spikes at the start of the pre-season | Team Captains | 29/04/21 | 29/04/21 |  | |
|  | Sun cream to be used on all outdoor matches | Team Captains | 29/04/21 | 29/04/21 |  | |
|  | All fast bowlers told ECB bowling guidelines/how many overs they should bowl each week | President and Team Captains | 07/10/20 | 07/10/20 |  | |
|  | Coaches told all details of beginners/experience of players for relative drills | President and Team Captains | 07/10/20 | 07/10/20 |  | |
|  | Checking of food allergies before games/socials | Welfare Secretary | 07/10/20 | 07/10/20 |  | |
|  |  |  |  |  |  | |
| Responsible committee member signature: | | | | Responsible committee member signature:  Image.jpeg | | |
| Print name: Melissa Story, President | | | Date: 30/05/20 | Print name: Anna Day, Vice-President | | Date: 30/05/20 |

**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 |