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| Work/Activity: Southampton University Ladies Football Club General Risk Assessment 2017-18 | | | |
| [Enter details of what activity you are risk assessing. Include locations, times, dates, numbers of people, duration and activity descriptions]  Weekly football training and matches for the 1st and 2nd team – ladies football, training weekly throughout term time until March  Training is Monday 6:30-8pm at Wide Lane, the number of participants rangers from 30-50 people per session  Team of 14 on Wednesdays, either take place at Wide Lane or the other University Sports ground of the team we are playing, kick off usually at 2pm  Training on Monday nights will include warm up exercises, stretching, a skills activity and usually finishes with a game at the end | | | |
| Group: Southampton University Ladies Football Club | Assessor(s): Rachel Garratt | | Contact: rlg1g15@soton.ac.uk |
| Guidance/standards/Reference documents | Competence requirements | | |
| [Please enter any H&S guidance referred to when write this Risk assessment. This could be codes of practice from your NGB or industry body, group policies, instructions, manufacturer’s guidance, advice from HSE, useful websites or copies of qualifications and certificates.]  [e.g]   * <http://www.hse.gov.uk/Risk/faq.htm> * <http://www.thefa.com/football-rules-governance/safeguarding> * FA Safety Guidelines | **Role:** [who has what H&S responsibilities for each task e.g. event stewards] | **Skills, experience or qualifications** [what training/experience has this person had to undertake their H&S responsibilities] | |
| Rachel Garratt – President  Georgia Cooper – 1st Team Captain  Marie Avis – 2nd Team Captain  1st Team Coach  2nd Team Coach  Rebecca Ogunsola - 2nd Team Player | Student Nurse, FA experience  Various leadership roles within FA teams  First Aid Training, FA experience    FA Coaching Level 1/2  FA Coaching Level 1/2  Student Nurse | |
| Risk assessments linked |
| [Identify areas of your activity which will fall under a different risk assessment. For example, fire risk assessments when using a building will have been covered by the premises operator.]  Fire risk assessments of the changing rooms at Wide Lane has been covered by the premises operator. Transport to and from away games covered by the driver and company. |

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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 or during matches | Unsafe equipment or set up in an unsafe way | All participants  Sprains/breaks/muscular injury | Coach and president to ensure that equipment is set up in a safe way and check it before training or matches  Not to use the equipment if it is deemed unsafe, to be reported if it is unsafe.  First aid available on site | 4-6 | Follow FA and BSI guidelines when purchasing goal posts; if there is any problems or defect with the goalpost it will be reported immediately to the staff at Wide Lane to ensure it is safe | Georgia Cooper, Marie Avis, Rachel Garratt | 2-4 |  |
| Training or during matches | Slip, trip or fall in or around the ground | Participants: sprains, breaks, cuts, grazes | Ongoing maintenance of Ground and level ground surfaces.  Pre-match inspections and actions taken to remove slip hazards (e.g. mud and ice) or protect spectators from hazards using cones or barriers.  Regular pitch inspections to ensure it is safe  First Aid assistance available.  Obvious trip hazards that cannot be easily removed highlighted in yellow or white paint or by a cone | 4-6 | Ensure pitch inspection takes place before the match to ensure it is safe to play on and there are no hazards which could risk injury | Georgia Cooper, Marie Avis, Rachel Garratt | 3 |  |
| Matches | Extreme or dangerous weather | Everyone | No recent history of such weather occasions.  Documented contingency.  Managers or referees can call of the game if it unsafe.  procedures | 1 | Ensure pitch inspection takes place before the match to ensure it is safe to play on and there are no hazards which could risk injury.  Cancel matches that clash with extreme weather warnings. | SUSU, 1st or 2nd Team Captain (Georgia Cooper ,Marie Avis) | 1 |  |
| Training exercises | Beginners at training, lack experience and use unsafe techniques | Beginners and other participants Risk of muscles strain, exhaustion or accidental injury | Ensure that the training drills are suitable for the participants’ levels of ability.  Acceptable ration of coaches to players (1:12) and a suitable amount of experience participants to beginners ratio to ensure help throughout and correct technique  First aid available on site | 2-3 | Provide education and instructions on how to play and warm up properly in order to reduce the risk of injury as much as possible. | Rachel Garratt | 1-2 |  |
| Training exercise/matches | Footwear  (Inappropriate footwear for weather conditions or sharp studs) | Players in match or participants in training | Check boots before matches and training to ensure all boots are safe so that it does not pose a risk to players or individuals if they are not suitable for the surface the game is being played on. Checked by referee at matches  First aid available on site | 3 | Ensure they are checked every time and that no studs are sharpened. Clubs are responsible for ensuring players wear appropriate footwear | Georgia Cooper and Marie Avis | 1 |  |
| Training exercises/matches | Balls – too hard, damaged, peeling leather | Participants, spectators | Make sure the balls are pumped to the appropriate pressure  Referees check at the start and throughout the game  Get rid of any damaged balls | 1 | The referee checks the pressure and suitability of the ball throughout the game | Georgia Cooper and Marie Avis | 1 |  |
| Training exercises/matches | Jewellery | Participants | All jewellery to be removed or taped up during a match.  Referee to check this | 1-2 | Each player is responsible for removing or taping up their own jewellery for matches and training sessions | Georgia Cooper and Marie Avis | 1 |  |
| Training exercises/matches | Existing medical conditions | All participants with existing medical conditions | Coach and president to encourage all participants to alert them of any pre-existing conditions at the beginning of the year – either verbally or on their form of membership  Coach to adjust training activities to minimise the aggravation of the pre-existing injury | 3 | Participants are advised to alert the coach if the pre-existing injury is being aggravated during a training activity or a match  Advised to keep personal medication on the side of the pitch or at training  First aid is on site | Rachel Garratt, Georgia Cooper and Marie Avis | 2-3 |  |
| Matches | Conduct of players, officials and spectators | Everyone who is at the match or training | Follow FA rules and guidelines.  The referee can warn or send off players who breach these rules  The club can be fined or have points deducted. In extreme cases the team can be threatened to be removed from the league | 3 | All players and officials have signed a code of conduct, reminded regularly of their responsibilities and are ambassadors for Southampton Uni | Rachel Garratt, Georgia Cooper and Marie Avis | 1 |  |
| Training/match | Injury from play, non-impact | Participants, strains and sprains | Before each training session and match every player undergoes a warm up and at the end a cool down to reduce the risk of injury. Players must wear shin pads and appropriate footwear to reduce risk of injury  Access to a first aid kit and a qualified first aider is present  Appropriate and sufficient warm ups and cool downs led by coach or captain to minimise injury | 4-6 | Players have the responsibility to ensure they are warmed up/cooled down adequately and have done so sufficiently that they are not putting themselves at risk of injury  First aid on site | Rachel Garratt, Georgia Cooper and Marie Avis | 2 |  |
| Training/match | Dehydration/exhaustion | Players who are training or playing in the match  May face nausea, faintness or vomiting | Every player brings their own drink to training and matches. Drinks are available to purchase from the home ground and most away matches  Coach to supervise participants | 3 | Drinks can be provided by other team mates or purchased by the club at away games to reduce the risk  First aid on site | Rachel Garratt, Georgia Cooper and Marie Avis | 1 |  |
| Training/matches | Collision/impact injury | All participants  Breaks, sprains, head injury, muscular/joint injury | Protective equipment to be worn (shin pads, correct boots, tape over earrings) | 2 | First aid of site  Qualified members of the committee and team are first aid trained | Rachel Garratt, Georgia Cooper and Marie Avis | 1 |  |
| Transport | Road accident related to drive/tiredness/error/stress | All participants, minor injury, serious injury, whiplash, trauma, shock, | Drivers must have a clean driving license, if driving a SUSU minibus have passed the SUSU minibus test  Driver will not use mobile phone unless safely parked  Driver will inform DVLA of any previous existing medical conditions that may affect their driving  Must adhere to reasonable working hours, take a 15 minute break after every two hours of driving  Drivers will not drive under the influence of alcohol or drugs or medication | 3 |  | Rachel Garratt, Megan Price(secretary) | 3 |  |
| Transport | Defective vehicle | All participants,  minor injury, serious injury, whiplash, trauma, shock, | Vehicle is maintained in accordance to manufacturer’s instructions  Has an up to date MOT and passed all safety tests before journey  Vehicle is checked before and after each journey to ensure it is safe  Vehicle defect reporting system in check in place for SUSU minibuses  Membership with vehicle breakdown service with details available for every journey for SUSU minibuses  Maximum capacity for minibus/other vehicles will not be exceeded | 1 | To talk to Dave Player (Transport Coordinator) if there are any questions regarding SUSU minibuses  If driving a SUSU minibus, drivers must have passed a familiarisation test | Rachel Garratt, Megan Price (secretary) | 3 |  |
| Environment | Weather conditions | All participants, hypothermia, sunburn, stroke, ice, wet, windy conditions | Cancelling and/or amending a session if too dangerous or unsafe to train or participate in a match  Increase breaks for water/refreshments  Appropriate footwear and clothing to be warn to reduce risk of injury or harm  Appropriate warm up or cool down | 3 | Coach/president to check surface to ensure it is safe to train/play a match  Cancel the event if it is unsafe  If it’s too dark and there isn’t appropriate lighting, cancel training | Rachel Garratt, Georgia Cooper and Marie Avis | 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 |
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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 |

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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. |