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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Southampton Ladies Football Club General Club Risk Assessment** | **Date** | **16/08/22** |
| **Unit/Faculty/Directorate** | **SUSU** | **Assessor** | **Yasmin** |
| **Line Manager/Supervisor** | ***Yasmin Pither*** | **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** |
| Dehydration | Fatigue, fainting, headache  | Player | **4** | **2** | **8** | **Ensure all players are encouraged to bring water bottles to training. Ensure players know location of nearest water fountain** | **2** | **2** | **4** |  |
| Bags/kit/water bottles causing trips | Sprains, head injury, bruising | Player, those nearby | **4** | **2** | **8** | **Ensure all players put their kit and personal belongings into one area, ensure all personal belongings are taken off pitch or training space before use** | **2** | **2** | **4** |  |
| Unsafe equipment or equipment set up in hazardous way | Sprains, breaks, muscular injury | Player, those nearby | **3** | **3** | **9** | **President to do full check of kit before each new term, kit must also be continuously checked by coaches and president to ensure safety. Equipment must not be used if it is deemed unsafe** | **1** | **2** | **2** |  |
| Slips. trips or falls onto ground | Sprains, breaks, muscular injury, head injury, cuts, grazes | Player, those nearby | **4** | **3** | **12** | **Ground used for training playing must be continuously maintained to a good standard by grounds staff. Pitches must not be used if deemed unsafe. Pitches must be inspected before matches by president and/or team captains to ensure safety and remove any hazards (objects, ice, mud ect.). All matches must had first aid assistance available as well as each team bringing a sports first aid kit to matches. Objects must be highlighted if they cannot be removed by paint or a yellow or white cone.**  | **1** | **2** | **2** |  |
| Extreme or dangerous weather | Hyperthermia, sun stroke, dehydration, muscular injury, sunburn | Player | **3** | **3** | **9** | **Ensure weather is checked before playing to ensure safety, if weather looks unsafe (very high winds, extreme heat, extreme cold) postpone or cancel match/training to ensure players safety. Ensure players have correct kit for weather conditions (coats/jumpers in winter, hats/sun cream in summer). Ensure pitch inspection is taken before match to ensure pitch is not unsafe due to weather effects.** | **2** | **2** | **4** |  |
| Inappropriate footwear | Sprains, breaks, muscular injury | Player, those nearby | **3** | **3** | **9** | **Ensure all players studs are checked for sharpness and potential hazard before all games and training, this is to ensure they don’t pose a hazard to other players or player themselves. First aid available onsite. Ensure all players are playing in trainer, astro boots or football boots.**  |  |  |  |  |
| Lack of experience/incorrect technique | Sprains, breaks, muscular injury | Player, those nearby | **4** | **3** | **12** | **Ensure all training drills are suitable in terms of safety and ability for all players. Suitable number of beginners to experience players ratio to ensure beginners have correct technique. First aid available onsite.**  | **2** | **2** | **4** |  |
| Balls inappropriate (too hard, too soft, peeling) | Sprains, trips, muscular breaks | Player, those nearby | **3** | **2** | **6** | **Ensure all balls are correctly pumped up before each training/match. If any balls are peeling they must be removed from the kit ball bag, not used and disposed off. Any balls which are too hard must be set aside (in the ball bag or not bought to matches/training) until they are safe. Soft balls must be pumped up to correct pressure.**  | **1** | **2** | **2** |  |
| Jewellery | Breaks, cuts | Player | **4** | **2** | **8** | **All jewellery must be removed before matches or taped over if it cannot be removed, this is the players own responsibility but if any player is to be seen wearing jewellery they must be told to remove it immediately.**  | **1** | **2** | **2** |  |
| Existing medical conditions | General injury | Player | **3** | **4** | **12** | **All players must alert president and/or welfare officer and/or coaches of any existing medical conditions which could impact them during training, travel to matches or games. Players must bring appropriate medication to games. Player who use medication which must be given by another person (ie. Epipen) must teach at least one other participant present how to use medication.**  | **2** | **2** | **4** |  |
| Conduct of players | General injury, offense | Player, those nearby | **3** | **2** | **6** | **All player must ensure the behave in accordance with the FA guidelines. The referee must warn or take off player acting inappropriately. Club can be fined or completely removed from the league for inappropriate behaviour. All players must sign code of conduct before participation.** | **2** | **1** | **2** |  |
| Collision/impact injury | Sprains, breaks, muscular injury, concussion | Player, those nearby | **3** | **4** | **12** | **Protective equipment is to be worn by all players during matches and training (shin pads, correct boots ect). First aid kit available during all training and matches, first aid support available at matches.** | **2** | **2** | **4** |  |
| Road accident related to driver  | General injury, death, minor injury, whiplash | All those in vehicle | **2** | **5** | **10** | **All players must be in fit state to drive while driving (awake, calm, not under the influence of anything), if player is not suitable to drive they must pull over, stop driving and wait until they are in a fit state to drive. All players driving must have driving license and have passed SUSU minibus test if applicable. Driver must not use mobile phone, unless is being used for maps, while driving. Passengers in car must not be overtly loud or distracting to driver while driving. Driver should not drive in inappropriate conditions (extreme weather). Driver must adhere to reasonable driving time and take a break after every 2 hours of driving.** | **1** | **4** | **4** |  |
| Defective vehicle | Driver, passengers in car | All those in vehicle | **2** | **5** | **10** | **All vehicles used must have passed MOT and must be correctly maintained. Vehicle must be checked before each journey to ensure safety. If any defect occurs to hire vehicle during travel this must be reported to SUSU and/or relevant person(s). Maximum capacity for vehicle must not be exceeded.**  | **1** | **4** | **4** |  |
| COVID-19 | Cough, headache, general illness | Everyone | **5** | **3** | **15** | **Ensure that anyone with COVID symptoms do not come to training, matches or any other club events and should take a PCR test. Players should regularly wash their hands and should try and maintain social distance where possible. Players should not share water bottles or cups. If anyone gets a positive COVID test they should alert the rest of the team, so they can isolate. Anyone with a positive COVID test should isolate. Maintain a high standard of hygiene throughout the season**  | **2** | **2** | **4** |  |

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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** |
|  | First aid kits bought and provided to each team | Abigail Crooks | 10/05/22 |  | The kits have already been bought but need to checked over to ensure all medical equipment is in date  |
|  | All equipment checked for faults/safety | Abigail Crooks | 15/09/22 |  |  |
|  | All coaches must have been checked to have appropriate health and safety training | Abigail Crooks | 20/09/22 |  | All saints coaches for the 1st and 2nd team have an appropriate level of health and safety training, once the third team coach is appointed they will also be checked to have the correct health and safety training  |
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| Responsible manager’s signature: Yasmin Pither  | Responsible manager’s signature: Charlotte West |
| Print name: Yasmin Pither  | Date: 16/08/22 | Print name: Charlotte West  | Date: 16/08/22 |

**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 |