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| Work/Activity: Hockey | | | |
| Ladies’ Hockey Club.  Training at Wide Lane on Mondays (8-10pm), Tuesday (6-8pm), Thursdays (6-8pm), Friday (6-8)pm with matches on Wednesday afternoons and Saturdays.  14th September 2019– 1st July 2020  Around 120 members.  Pitch time includes training, matches and fitness sessions. | | | |
| Group: Southampton University Ladies’ Hockey Club | Assessor(s): Lauren Thomas | | Contact: lft2g18@soton.ac.uk |
| Guidance/standards/Reference documents | Competence requirements | | |
| Surbiton Hockey Club Safety Check Guidelines   * <https://surbitonhc.com/media/gicmv0hm/shc-safety-check-guidelines.pdf>   England Hockey Governing Body Code of Conduct   * <http://www.englandhockey.co.uk/page.asp?section=1165>   BUCS Governing Body Code of Conduct   * <http://bucs.org.uk/page.asp?section=15154&sectionTitle=BUCS+policies> | **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] | |
| Umpire Liaison Officer (Anna Luxton); arranging umpires to be at matches  Club Captain (Lauren Thomas) | Umpires at Level 1 Umpiring or higher  Briefed on use of Wide Lane facilities and the H&S procedures the club follows by previous Club Captain | |
| Risk assessments linked |
| Use of Wide Lane risk assessment : This risk assessment should be read in conjunction with the Sport and Wellbeing risk assessment (link not currently avaliable). |

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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 at Wide Lane Sports Ground | Use of general equipment, e.g. balls and cones | Anyone training, at risk of getting hit by a ball or stick, or tripping over equipment | Following Wide Lane’s rules and regulations on how to safely use the pitches, members are to use the equipment properly and a coach is present to help ensure hockey is played safely. The playing area is checked to be safe and free from any obstacles and fit for activity. Club fitness equipment is checked to be of a good standard and safe for use depending on individual player’s abilities. | 3 | Management of equipment by captains. Bags kept to side of pitch. Protective equipment to be worn whilst training. | All players and Wide Lane staff | 2 |  |
| Travel to away matches | Use of minibuses and cars. | Those driving and passengers, and anyone else on the road. Involved in car crash | Drivers have to be over 21, have held a license for 3 years, and undertake a SUSU minibus test. Seatbelts worn by all passengers. | 3 | Speak to drivers before they take out the vehicle to ensure they know the risks they could put themselves and passengers in. | Drivers and Club Captain | 3 |  |
| Socials | Intoxication by alcohol, and players getting home after the social | Members of the club. Harmed by the dangers faced from consuming too much alcohol. Risk of players getting assaulted on their way home from the social. | Club Captains and Social Secretary sent round an email at the beginning of the year to advise on how players can look after themselves, and others, at a social.  The Club does not engage in hazing or similar behaviour.  There is no pressure for members to drink alcohol.  Assess venues of socials to ensure they are safe. | 4 | Members are encouraged not to walk home alone and senior members often oversee this. | All club members and committee members | 2 |  |
| Matches | Injuries caused by the physical nature of the sport | All members playing hockey. Competitive play resulting in injury. | First Aid team are always at Wide Lane for BUCS matches, first aid equipment should be provided at away matches. A First Aid kit will be present by the side of pitch for immediate First Aid if necessary. | 4 | Professional umpires ensure good play and players disciplined for unsafe play. | Captains and Club Captain | 2 |  |
| Matches | Use of general equipment, i.e. balls and sticks | Players and umpires, at risk of getting hit by a ball or stick | First Aid team are always at Wide Lane for BUCS matches, first aid equipment should be provided at away matches. Use of floodlights during late afternoon/evening matches to make play safer. | 6 | Make sure everyone wears the correct protective equipment – shin pads and gum shields, and sometimes hand protectors. Captains to bring facemasks for use at short corners. | Captains and Club Captain | 3 |  |
| Matches and Training | Illness through weather conditions | All members playing hockey | Make sure people are wearing the correct suitable clothing for the weather conditions at the time and also have applied essentials such as sun cream in warmer weather. | 1 | Ensure this is implemented | Club Captain | 1 |  |
| Matches and Training | Muscular strains/injury caused by insufficient warm up | All members playing hockey | Before every session every member has to do a long and sufficient warm up which focuses on all the different muscles used when playing to avoid injury. | 2 | Ensure this is implemented | Team captains | 1 |  |
| Matches and Training | Injury due to dehydration | All members playing hockey | Tap and drinking fountain accessible at wide lane. Encourage players to bring their own water bottles | 2 | Captains to ensure that players are consuming enough water especially on warmer days | Team captains | 1 |  |
| Use of Wide Lane pitch | Injuries caused by falls | All members playing hockey | Check that the pitch is in a suitable condition before playing and not too icy. Ensure suitable footwear is worn. | 2 | If the pitch is too icy, cancel/postpone match until suitable for play | Committee members | 1 |  |
| Use of Wide Lane pitch | Overcrowding of the pitch causing injury | All members playing hockey | Make sure each team has an allotted time so that the pitch is not overcrowded which could cause serious injury | 1 | Ensure that allotted times are followed | Club Captain | 1 |  |
| Matches and Training | Exhaustion due to physical activity | All members playing hockey | Encourage players to bring water bottles and stay sufficiently hydrated.  If player is feeling dizzy/sick, ensure they rest on the side or pitch, or if necessary, seek medical attention. | 2 | Ensure this is implemented. | Captains and Club Captain. | 1 |  |
| Matches and Training | Injuries caused by existing medical conditions. | All members playing hockey | Players are responsible in managing their existing medical conditions and assessing whether they are in a safe position to play hockey without getting injured/unwell.  Players let captains know of any relevant medical conditions, in the case of any harm related to that condition whilst playing hockey. | 2 | Ensure this is implemented. | All members playing hockey and Captains. | 1 |  |

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| Reviewed By: | | Comments: |
| Responsible person (SA/DM): | Date: |  |
| SUSU H&S manager (where applicable): | Date: |  |

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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) | |  |  | | --- | --- | | 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 |   Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |

