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| Work/Activity: Men’s Lacrosse Training/Matches | | | |
| [Enter details of what activity you are risk assessing. Include locations, times, dates, numbers of people, duration and activity descriptions]  Men’s Lacrosse Training/Matches (Wide Lane)  Men’s lacrosse is a full-contact team sport played on the grass grids or rubber crumb. The game involves 2 teams on pitch throwing a solid rubber ball between plastic/carbon composite/metal sticks with the purpose being to get the ball in the other team’s goal. Training involves running various drills and playing matches on the grass grids. Games take place on Wednesdays/Saturdays on the Rubber crumb. All activities (games and training) must adhere to this risk assessment. | | | |
| Group: | Assessor(s): Archie Menzies | | Contact: am3g15@soton.ac.uk |
| Guidance/standards/Reference documents | Competence requirements | | |
| * <http://www.hse.gov.uk/Risk/faq.htm> * English Lacrosse Association (herein ELA) public liability insurance <http://englacrosse.s3.amazonaws.com/media/2012/08/Public-Liability-Insurance-2014-151.pdf> applies to all members registered with ELA | **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] | |
| Club President – Overall health and safety officer  Team Captains (x3) – Responsible for making sure players are taught, during training, how to play the game safely.  Refs – responsible for health and safety as well as proper conduct during games. | 5 years’ experience playing lacrosse + coaching and refereeing qualifications  All have at least one year’s experience playing lacrosse  Reasonable effort must be made to ensure at least two umpires are present at each competitive fixture. At least one umpire should have a (minimum) level 1 Lacrosse refereeing certificate from the ELA. | |
| Risk assessments linked |
| Wide Lane Sports Ground risk assessment |

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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 |
| Running/Changing direction | Trips, falls | Outfield players – Sprains ankles/knees/wrists etc, grazes | Encourage appropriate footwear for weather conditions and playing surface. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| General Play | Physical Contact, Trips, falls caused by objects on ground | Outfield players – Sprains ankles/knees/wrists etc, grazes | Those in charge of particular session (referees/captains) will ensure safe play and check the surface prior to play for foreign objects that may be hazardous (water bottles/jumpers/equipment etc). First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 1 |  | Archie Menzies |  |  |
| General Play | Thunderstorms | Any player – Lightning Strike | All play postponed, move everyone inside until weather passed/ cancel session altogether | 3 | ELA states at least 1 hour must pass after the last lightning strike for play to be resumed | Archie Menzies |  |  |
| Shooting at Goalie | Headshots | Goalie – Concussion, broken nose or jaw, damage to teeth, eye damage | Goalie must be wearing an appropriate specification full head helmet before entering goal circle – helmet to be checked for defects before every use. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| Shooting at Goalie | Neck shots | Goalie – Concussion, broken nose or jaw, damage to teeth, eye damage | Goalie must be wearing an appropriate specification full head helmet before entering goal circle – helmet to be checked for defects before every use. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| Shooting at Goalie | Upper body shots | Goalie – Cracked ribs, winding, severe bruising, broken fingers | Goalie must be wearing chest/shoulder pads & padded gloves before entering goal circle – to be checked for defects before every use. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| Shooting at Goalie | Genital shots | Goalie – Extreme pain, irreversible damage to genitalia | Goalie must be wearing a box before entering goal circle – to be checked for defects before every use. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| Shooting at Goalie | Lower body shots | Goalie - Severe bruising | Use of thigh & shin pads by goalie encouraged although not compulsory – pads to be checked for defects before every use. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 3 |  | Archie Menzies |  |  |
| General Play | Falls due to bad pitch condition | Any player - Sprains to ankles/knees/wrists etc, grazes | Wide Lane have responsibility to check & maintain pitches, the club will be informed in advance if pitches are unplayable.  Those in charge of particular session (referees/captains) will also perform their own assessment of pitches upon arrival and will stop the session if pitches are unsatisfactory. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 1 |  |  |  |  |
| General Play | Lack of Knowledge/Skill | Any player, particularly beginners -chronic injury due to poor technique or training discipline, | Captains must ensure a full warm up/down performed before/after every session focusing on shoulders and legs as these are where the most common straining injuries occur in lacrosse. Captains must monitor players to ensure they are not over exerting themselves or using incorrect technique which could lead to injury. All drills must be tailored to the skill levels of those participating. | 3 |  | Archie Menzies |  |  |
| General Play | Ball hitting head/face from bad pass, stray sticks accidentally hitting face | Outfield players – Broken nose, damage to teeth, black eyes, concussion | Use of a helmet and a gum shield is compulsory. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| General Play | Being hit by sticks | Outfield players – Cracked ribs, Small broken bones: Fingers, wrists, nose, teeth etc | Overly aggressive players will be removed from field of play if warnings are not heeded. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| General Play | Collisions between players | Any player – Sprains, concussions, broken bones | Accidental collisions between players are a possibility, little can be done to decrease the chances of this. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| General play | Sharp stick butts | Any player - cuts | All stick butts must have a rubber end cap fitted. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| General Play | Cold and/or wet weather | Any player – Chilblains, Hypothermia | Encourage appropriate clothing for the conditions, thermals, waterproofs, gloves etc. If weather too extreme play will be called off. If a player shows symptoms they must be taken somewhere warm & dry, inform first aid at Wide Lane. | 2 |  | Archie Menzies |  |  |
| General Play | Hot/Sunny weather | Any player – Sunburn, Heat exhaustion/Heatstroke, Dehydration | Encourage sunscreen use. Make sure players have regular drinks breaks (Drinking water available at Wide Lane, for away fixtures players must bring their own water in case facilities aren’t present) and don’t over exert themselves. If a player shows symptoms they should be taken somewhere cool & in shade to recover & rehydrate, Wide Lane first aid should be informed. | 2 |  | Archie Menzies |  |  |
| General Play | Exhaustion | Any Player – Nausea/vomiting, fainting, muscle strains, low blood sugar | Captains should monitor their players to ensure they do not over exert themselves, taking weather conditions into account. A sugary drink should be available at all sessions (vending machines are at Wide Lane, captains should bring a drink for away matches). First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 2 |  | Archie Menzies |  |  |
| Away game transport: SUSU mini-buses | Road traffic accident | Any minibus passenger/driver – Anything from minor injuries, cuts, bruises, whiplash etc to major such as broken bones, loss of limb, death etc | Anyone driving the minibus must be over the age of 21, have held a valid driving license for at least 3 years and have completed the SUSU minibus test. All passengers must wear seatbelts, playing equipment must be stored safely, passengers must not distract the driver. | 3 |  | Archie Menzies |  |  |
| Away game transport: Player owned cars | Road traffic accident | Any car passenger/driver – Anything from minor injuries, cuts, bruises, whiplash etc to major such as broken bones, loss of limb, death etc | All drivers must hold a valid driving license. They must be insured to drive the car and the car must be taxed and fully roadworthy. All passengers must wear seatbelts & not distract the driver. All playing equipment must be stored safely | 3 |  | Archie Menzies |  |  |
| General Play | Pre-existing medical conditions | Any player – Any known pre-existing medical condition that could cause a problem when playing eg asthma, diabetes, heart problems, epilepsy etc | All players are asked to inform the club of any existing medical condition(s) they suffer from so that the committee are aware and can organise relevant plans of action that will be put into place should an incident relating to said medical condition(s) occur. First aiders are on site at Wide Lane (either ground staff or St John’s Ambulance) if needed. | 3 |  | Archie Menzies |  |  |
| ELA match fixtures | Injuries to players, 3rd parties, Damage to property caused by Lacrosse matches | Property/ any person near match location - Various | All members participating in official ELA fixtures must be members of the ELA. Members are covered by the ELA’s public liability insurance. | 2 |  | Archie Menzies |  |  |

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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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| 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. |