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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Rugby Union** | **Date** | **04/08/19** |
| **Club or Society** | **Southampton University Women’s Rugby Club (SUWRFC)** | **Assessor** | **Caoimhe Madine**  |
| **President or Students’ Union staff member** |  | **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** |
| Poor quality coaching | Minor and major injuries to limbs and/or the head. | Any member of SUWRFC | **1** | **3** | **3** | SUWRFC to confirm at the beginning of each year that all SUWRFC’s coaches are qualified and insured for the forthcoming season.  |  |  |  |  |
| Training during the week on the **grass grids.**Hazard: Injuries can occur through slip, trip, fall, collision with fellow players. Injuries are mainly of a minor nature. | Bruises, cuts or abrasions which require self-administered or first aid treatment. | Any member of SUWRFC | **3** | **2** | **6** | All training sessions take place under the guidance of a coach and all injuries are reported.Touch Rugby and ‘grab tackle’ is played during training sessions**.**First aid kit to be present at every training session. | **2** | **2** | **4** | Correct footwear advised. |
| **Pitches**  Injuries happen as a result of the state of the playing surface e.g. icy pitch or from foreign bodies on pitch e.g. glass or from slipping on a wet surface.  | Minor Injuries (e.g. bruising) to Major Injuries (e.g. Broken bones from falls etc) | Any member of SUWRFC | **2** | **4** | **8** | Liaise with the Groundsmen with reference to pitch conditions ahead of the game. Pre-match inspection of the pitch by the groundsman/SUWRFC committee/coach and referee to decide whether the pitch is fit for play, clearing any unexpected hazards e.g. glass. Ultimately the decision on whether the game goes ahead rests with the referee for the game.  | **1** | **4** | **4** |  Ensure all players wear the appropriate footwear for the condition of the pitch. |
| **Goal Posts** Players collide with the goal posts during the course of the game.Corner Posts. Players collide with corner posts. | Collision leading to potential head and upper limb Injury. | Any member of SUWRFC | **2** | **3** | **6** | The groundsman is to ensure that padding is in place around each post as per NGB guidelines.The groundsman must ensure that the padding around all uprights is secured correctly and in good order. Coach/referee to inspect pre-game.Corner posts should be flexible to allow impact when players are diving for a try in the corner. | **1** | **2** | **3** | Goal and corner posts are not used in training sessions |
| **Boots and Studs**Injuries can be sustained from studs which are not checked. | Sharp edges which can lead to a greater chance of cuts. | Any member of SUWRFC | **2** | **3** | **6** | Before each game all players boots and studs are checked by the referee. | **1** | **2** | **3** | As players are ultimately responsible for their own boots they will regularly check their own kit to ensure it is safe to use during training sessions. |
| **Running and passing**.  | Injuries from falling over or collision with other players. | Any member of SUWRFC | **2** | **3** | **4** | Coaches to ensure that enough space is used for practices and clear instructions are given by coaches. | **1** | **2** | **3** |  |
| **Tackling**.  | Injuries vary from bruising to injuries to the face, shoulders, upper body limbs, knees and ankles. | Any member of SUWRFC | **3** | **3** | **9** | Coaches are to ensure that players are taught the correct technique. Players are encouraged to wear shoulder pads, protective padding and mouth guards where tackling takes place (matches and training). | **2** | **2** | **4** | The players are to go through a full warm-up prior to the start of the game.Practices should not take place when players are over fatigued. |
| **Scrums** | Damage to players’ shoulders, neck, back and ears. | Any member of SUWRFC playing positions 1-8 during matches or practicing scrummaging during training | **2** | **3** | **6** | Coaches are to ensure that players are taught the correct technique.Ensure that there is a thorough knowledge of the game with regard to binding in the front row and the wheeling of the scrum. | **1** | **3** | **3** | Ensure that the Officials enforce the Rules of the Game re: collapsing of the scrum. |
| **Line-Outs** | Injury to players lifting others or falling from a height. | Any member of SUWRFC playing positions 1-8 during matches or practicing line-outs during training | **2** | **3** | **6** | Coaches are to ensure that players are taught the correct technique.Ensure that the players need to understand the need to lower those jumping to the floor.Ensure that the defending side keep to the regulations with regard to challenging for the ball.  | **1** | **3** | **3** | Thorough warm-up before lifting.Strapping of thighs to allow better grip. |
| **Road Accidents** in hired minibuses, coaches when travelling to matches & competitions.This also applies to accidents in a private car(s). | Minor, moderate or major injury | Any member of SUWRFC or coaching staff travelling to games or training | **1** | **5** | **5** | For all coaches, drivers are provided by the hire firm For any mini-busses which are hired, drivers must have passed University accredited tests. Drivers must be 21 years or older  | **1** | **4** | **4** | All passengers to wear seat belts |

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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** |
|  | High level coaches teaching and emphasising chest and below tackles to new players. Cost included in general annual running costs. | Coaches | 31st October | 2nd Nov |  |
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| Responsible committee member signature: | Responsible committee member signature: NDeller |
| Print name: LOUISE BROWN | Date: 30/08/2018 | Print name: NAOMI DELLER | Date:31/08/18 |

**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** |

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 |

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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.  |