

# General Risk Assessment

| Work/Activity: Tchoukball  |   |   |
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| <p>Tchoukball is a fast-paced handball game which has two trampoline frames at either end of the court which in order to score a point, a player must throw the ball into the frame and not allow the opposition to catch the ball. We train on a Wednesday 8:30pm to 10pm, Saturdays from 1:30pm to 2:30pm and Sundays from 9:30am to 11:30am. We have around 7- 15 people training during these times and have matches every other Sunday where we take between 7-12 players depending on who is available. These matches are not played in Southampton.</p> |   |   |
| Group: Tchoukball - Sports   | Assessor(s): Tom McKeen   | Contact: tm11g16@soton.ac.uk  |
| Guidance/standards/Reference documents   | Competence requirements   |   |
| <ul style="list-style-type: none"> <li>- Consultation with experienced members and using previously identified risks.</li> <li>- No reference documents used other than those supplied by Union Southampton.</li> </ul>  | <b>Role:</b> [who has what H&S responsibilities for each task e.g. event stewards]  | <b>Skills, experience, or qualifications</b><br>[what training/experience has this person had to undertake their H&S responsibilities]                  |
|  | Tom McKeen – President <ul style="list-style-type: none"> <li>- Responsible for overseeing H&amp;S of the club at training and competitions.</li> </ul> | <ul style="list-style-type: none"> <li>- Has received first aid training and associated health and safety training from previous employment.</li> </ul> |
| Risk assessments linked  |   |   |

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| <p>Fire risk assessments covered by premises manager</p> <p>On-court risk assessments covered by members who use the space for the intended purpose (tchoukball) and Sports and Wellbeing (i.e. condition of surface).</p> | <p>Tom McKeen – President</p> | <ul style="list-style-type: none"><li>- Has trained in the same space for past 2 years amongst experienced and beginner players and knowledge of associated risks that this involves.</li></ul> |
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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/D M |
|----------------|-------------------------------------|-------------------------------------|---|-----------------|--|------------------------------------|------------------|--------------|
| Training/match | Non-impact injury                   | Players during the training session | <p>Conduct a thorough warm-up at the start of each session and a cool-down at the end of the session; both are led by coach/experienced players to stop any non-impact injuries. Perform activity appropriate stretching exercises.</p> <p>Ask members about any existing injuries and advise if the sport is not suitable for them. If they do have any injuries before a session, do not work them 100% and give warning to other players beforehand.</p> | 4               | Additional control will be to send committee member on first aid course, so club has first aiders in addition to Jubilee staff.  | President and experienced players. | 4                |              |
| Training/match | Ball-related impact injury          | Players during the training session | <p>Make sure the balls are passed back along the floor and not kicked back after points are scored during a practice game.</p> <p>Warn any spectators to remain vigilant of the ball.</p> <p>Teach all members an appropriate catching technique in order to avoid finger injuries.</p>   | 5               | Ensure balls are pumped to an appropriate level and discarded when overly-worn. Club will purchase a new set of balls, to ensure sufficient quality of balls used in training/matches. | Coach.                             | 5                |              |
| Training/match | Other Impact injury's (e.g. player) | Players during the                  | Provide knee pads to players to limit grazes/burns to knees when players slide on the   | 7               | With a higher proportion of  | Coach and President.               | 6                |              |

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|                | colliding with court floor/walls, player tripping over balls | training session                    | <p>court floor.</p> <p>Set court boundaries away from the side walls to limit any collisions.</p> <p>Control the amount of balls in play during drills. Stop the play/drill if a loose ball enters the court during play.</p>       |   | new/less experiences players attending training this year, we aim for drills to be conducted in smaller groups if possible, and to be well spaced from each other around the court. |                      |   |  |
| Training/match | Slip/trip hazard on court                                    | Players during the training session | Check the court before training starts to ensure there are no loose objects, spilled fluids on the court. If slip/trip hazards arise then ensure they are mitigated immediately.  | 3 | Ensure football goals are safely covered behind plastic sheeting to mitigate tripping hazard.   | Coach.               | 2 |  |
| Training/match | Footwear/kit   | Players during the training session | Ensure all players are wearing the appropriate kit (shorts/t-shirt/sports clothing) and are wearing appropriate footwear (indoor trainers/court trainers)   | 2 |   | Coach and President. | 2 |  |
| Training/match | Jewellery  | Players during the training session | Advise all players to remove any jewellery (necklaces, rings, earrings etc.) to avoid getting them caught on clothing or hit during play.   | 4 |   | Coach and President. | 2 |  |
| Training/match | Dehydration/exhaustion                                       | Players during the training session | Provide water bottles, give short breaks during training and advice any player to take a break if they feel exhausted, dizzy, sick etc. Water fountain also available a short distance from training space to refill water bottles. | 2 | Training drills can be more intensive for the less-experienced players, so consideration for this will be taken.  | Coach.               | 2 |  |
| Training/match | Existing medical conditions                                  | All participants                    | Coach/President to encourage all players to let them know of any pre-existing condition at  | 3 |   | Coach and President. |   |  |

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|          |  | with pre-existing medical conditions. Aggravating muscular/joint problems. Triggering attacks. | beginning of the year (form or verbally). Coach to make reasonable adjustments in activity or give advice to minimise aggravation or the pre-existing injury.   |   |   |  |   |  |
| Training | Tchoukball frames  | Players during the training session.   | Educate players that a misplaced shot at the frame has the potential to rebound of the metal rim back towards the shooting player.  | 5 | The club has recently purchased new, light weight frames that are less of an impact hazard.   | Coach, President, and experienced players. | 5 |  |
| Training | Novices/beginners at sessions, lacking expertise and experience using unsafe techniques. | Beginner participants.   | Sessions/drills run at the right level for participants. Have an acceptable ratio of coaches to beginners. Educate players particularly on techniques involving movement around the frames (see above hazard) | 4 | Trained/experienced coach to supervise beginners and prioritise training to raise beginners to safe competency to participate with experienced members. | President.                                 | 3 |  |
| Training | Overcrowding   | All players. Sprains, breaks, muscular/joi   | Ensure maximum venue capacity is adhered to.<br><br>Coach and experienced players present to prevent rough conduct. Alert players to be wary  | 4 | First-aid on site.  | Coach and President.                       | 3 |  |

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|           |  | nt injury,<br>head injury.                                       | of each other to avoid collisions.  |   |   |                        |   |  |
| Transport | Students getting lost while on university trip/ fixture. | All participants. Lost, left behind.                             | All players accounted for when travelling to and from the venue. Emergency contacts obtained prior to the trip. Contact details of leader (president or coach) will be circulated to attendees prior to trip. Timing requirements will be clearly stated.   | 2 |   | President.             |   |  |
| Transport | Road accident related to driver error/tiredness/stress   | All participants. Minor injury, serious injury, whiplash, trauma | Drivers must have a current, clean driving license and if driving a SUSU minibus have passed the SUSU minibus test. Driver will not use mobile phone unless the vehicle is safely parked. Driver will inform DVLA of any pre-existing medical conditions that may affect their driving. Drivers must adhere to reasonable working hours, and take a 15-minute break for every 2-hours of driving. Driver will not drive if under the influence of alcohol, drugs or medication. | 3 | This year, we have 2 club members who have passed the SUSU minibus familiarisation test, to ensure we have drivers for future away fixtures, requiring use of SUSU minibuses. | President.             |   |  |
| Transport | Defective minibus/vehicle                                | All participants. Minor injury, serious injury                   | Vehicle is maintained in accordance to manufacturer's instructions, has up-to-date MOT and passes all safety tests before journey commences. Vehicle defect reporting system in place for SUSU minibuses. Membership with vehicle breakdown service with details available for every journey for SUSU minibuses. Maximum capacity of minibus will not be exceeded.  | 3 | To talk to Dave Player (Transport Coordinator) if there are any questions in regard to SUSU minibuses.  | President.             | 2 |  |
| Transport | Risk of items falling on passengers during transit or    | All participants. Minor injury, head injury.                     | It is the driver's legal responsibility to ensure luggage/items stowed securely. Extra care to be taken when driving/cornering/braking. Members   | 2 |   | President and drivers. |   |  |

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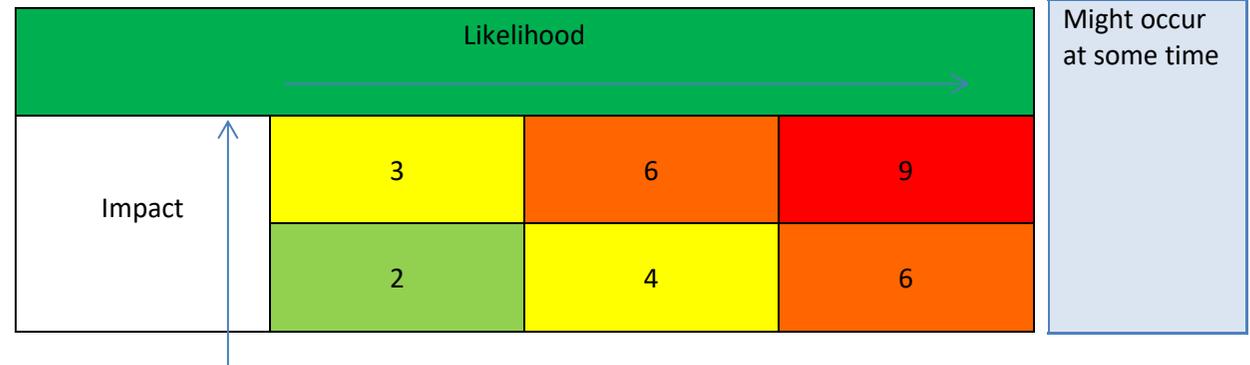
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|  | while being transported |  | to be briefed on the correct way to transport load and unload heavy equipment. |  |  |  |  |  |
|  |                         |  |  |  |  |  |  |  |

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

Likelihood

Level

High (3)



# General Risk Assessment

|                   |  |                   | 1 | 2 | 3 |   |
|-------------------|--|-------------------|---|---|---|---|
| <b>Impact</b>     |  |                   |   |   |   |   |
| <b>Level</b>      | <b>Description</b>   | <b>Medium (2)</b> |   |   |   |   |
| <b>High (3)</b>   | 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. | <b>Low (1)</b>    |   |   |   | May occur only in exceptional circumstances |
| <b>Medium (2)</b> | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months.  |                   |   |   |   |   |
| <b>Low (1)</b>    | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days.   |                   |   |   |   |   |