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|  Work/Activity: Tchoukball  |
|  Tchoukball is a fast-paced handball game which has two trampoline frames at either end of the court. In order to score a point, a player must throw the ball at the frame and not allow the opposition to catch the ball. We train on Saturdays 1:30-3:30 pm. We have at most 6 people at training during these sessions from week beginning 29th March.   |
| Group: Tchoukball – Sports  | Assessor(s): Elizabeth Austin  | Contact: eha1g17@soton.ac.uk  |
| Guidance/standards/reference documents  | Competence requirements  |
| * Consultation with experienced members and using previously identified risks
* No reference documents used other than those supplied by University of Southampton Student Union
 | 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]  |
| Elizabeth Austin – President - Responsible for overseeing H&S of the club at training and competitions  | - Has trained with the club for past 3 years amongst experienced and beginner players and knowledge of associated risks involved  |
| Risk assessments linked  |
| Fire risk assessments covered by premises manager  On-court risk assessment covered by members who use the space for the intended purpose (tchoukball) and Sports and Wellbeing (i.e. condition of surface) | Emily James – Vice President - Responsible for implementation of H&S protocols alongside other committee members  | * Has trained with the club for the past 2 years amongst experienced and beginner players
* Has undertaken welfare training in line with SUSU guidance
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| Charles Dillon – Treasurer - Responsible for implementation of H&S protocols alongside other committee members  | - Has trained with the club for the past 2 years amongst experienced and beginner players  |

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| Task  | Hazards  | Who might be harmed and how  | Current control measures  | Current risk /25  | Additional control measures  | Action by whom?  | Residual risk /25  | Check SA/DM  |
| Training  | Non-impact injury  | Players during the training session  | Conduct a thorough warm-up and cool down at the start and end of the session respectively. Both to be led by an experienced player. Perform activity appropriate stretching injuries  Ask members about any existing injuries and advise if the sport is not suitable for them. If they have injuries before a session, do not work them at full intensity and give warning to other players beforehand  | 9  | Send committee members on a first aid course so club has first aiders in addition to Sport and Wellbeing staff  | President and experienced members  | 9  |   |
| Training  | Ball-related impact injury  | Players during the training session  | Ensure balls are passed back along the ground if passing across long distances unless required for the drill  Ensure players remain vigilant of the ball  Teach all members appropriate catching technique to avoid finger injuries  | 9  | Ensure balls are pumped to an appropriate level and discarded when overly worn  | President  | 9  |   |
| Training  | Other impact injuries  | Players during the training session  | Provide players with knee pads to limit grazes/burns to knees when players slide on the ground  Set court boundaries away from the side walls to limit any collisionsControl the amount of balls in play during drills. Stop drill if/when a loose ball enters court during play  | 16      | Conduct drills in smaller groups if possible, with clear instruction for new/less experienced players to avoid collision with other players. Spread these groups around the court | President and experienced players  | 9  |   |

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| Training  | Slip/trip hazard on court  | Players during the training session  | Check the ground before training starts to ensure there are no loose objects, unsafe holes etc. on court.  If any hazards arise then ensure they are mitigated immediately  | 4  |  Cancel training if ground in unsafe due to rain | President and experienced players  | 2 |   |
| Training  | Footwear/kit  | Players during the training session  | Ensure all players are wearing appropriate kit (shorts/t-shirt/sports clothing) and appropriate footwear (outdoor trainers) Encourage players to wear longer sleeves and cover their legs if concerned about grass burns | 2  | Ensure player’s knee pads are suitably protective and replace/recommend players buy new ones if they are not  | President  | 2  |   |
| Training  | Jewellery  | Players during the training session  | Advise all players remove any jewellery (necklaces, rings, earrings etc.) to avoid them getting caught on clothing or hit during training  | 4  |   | President and experienced players  | 4  |   |
| Training  | Dehydration/ exhaustion  | Players during the training session  | Give short breaks during training and advise any player to take a break if they feel exhausted, dizzy, sick etc.  Remind all players to bring their own water/drink to training Encourage players to wear sun cream and bring thin layers to cover up with in case of exhaustion due to sun exposure | 9  | Tailor training to different ability levels as drills can be more intensive for less experienced players  | Experienced players  | 4  |   |
| Training  | Pre-existing medical conditions  | Players during the training session  | Committee to encourage all players to inform them of any pre-existing conditions at the beginning of the year. Training to be adapted to accommodate the player’s condition within reason  | 4  |   | Committee members  |   |   |

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| Training  | Beginners at sessions using unsafe techniques due to lack of experience  | Beginner players  | Adapt drills to the appropriate level for each participant. Educate players on appropriate techniques and ensure all players are vigilant to potential hazards  | 12  | Experienced players to supervise beginner players and prioritise the training of new players at the beginning of the season to raise competency in safe practices  | President and experienced players  | 6  |   |
| Training  | COVID-19 infection from club equipment  | All players and venue users  | Clean all equipment (frames, balls, cones etc) before and after use, as well as in between drills where possible, using antiviral cleaner  Where possible, quarantine all equipment between training sessions for 72 hours to ensure any remaining virus is no longer infectious  | 9  | Provide all committee members with cleaning equipment in case supplies provided by the University are not available for any reason  Clean storage space regularly in addition to cleaning equipment  | Committee members  | 2    |   |
| Training  | COVID-19 infection from other players  | Players during the training session  | Perform drills in small, socially distanced groups. Do not mix groups once they have been established  Encourage all members to thoroughly wash their hands prior to arrival to training and provide hand sanitiser  | 9  | Provide all committee members with hand sanitiser in case supplies provided by the university are not available for any reason  | All members  | 4  |   |

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|  |  |  | Players must wear face coverings on arrival, departure, and at any other point during the training session if entering a university building. Players will be asked to wear masks during training should they be closer than 2m although this will be avoided if possible.All members required to take frequent COVID-19 saliva tests in line with the University return to campus guidanceDo not allow any members to train if they are displaying symptoms of coronavirus. This includes asking them to leave if they arrive to training without informing us of their symptoms  |  |  |  |  |  |
| Training  | COVID-19 infection whilst travelling to training | Players before and after training session | Club members are not to travel with other members, i.e in a personal car, unless from the same householdAll club members to walk, cycle, or use public transport to travel to training. Players will be encouraged to avoid using public transport where possible | 4 |  | All members |  |  |
| Training  | COVID-19 infection from player’s personal property  | All players and venue users  | Encourage players to only bring the bare minimum possessions with them to training  Allocate each member an area to keep their kit for the duration of training away from other members’ areas to avoid close contact between members.Members to wear masks and follow the signs and guidance when accessing university buildings for collecting kit, using toilets etc | 4  |   | Committee members  |   |   |
| Training  | COVID-19 infection from other venue users  | All players and venue users  | Clean all commonly used touch points (door handles, communal equipment) at the start and end of training  All members wishing to train must book in through the Sport and Wellbeing app prior to the session. If a member arrives without booking, they will be unable to train Leave the venue 15 minutes before the next booking to avoid contact with staff and other members of the publicGovernment guidance advises that wherever possible students should remain where they are and not return to campus and/or halls of residence until in-person on-campus teaching resumes. We do recognise that some students may not be able to safely or successfully study away from campus.Therefore, if a student feels that they need to return on this basis, then they should return to campus, but follow the guidance upon their return to isolate until two negative COVID-19 tests have been received. It is essential for you to register for COVID-19 saliva testing, [register here.](http://www.southampton.gov.uk/coronavirus-covid19/covid-testing/testing-programme/uos-students.aspx)We ask students to consider carefully as to if they should travel during this time and the government does not advise unnecessary travel. You may need to return earlier if you need support, or if you need to access IT equipment, library facilities or other facilities on campuses. | 9  | Encourage members to utilise good hygiene practices in transit to and from training including frequent hand washing, avoiding common touch points and use of face coverings  | Committee and experienced players  | 4  |   |

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| Reviewed by:  |  | Comments  |
| Responsible manager:  Elizabeth Austin | Date: 02/04/21 |   |
| Responsible manager:  Emily James | Date: 02/04/21 |   |

**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  |  12345 |
| 2. Substitute  | Replace the hazard with one less hazardous  | If not possible then explain why  |
| 3. Physical controls  | Examples: enclosure, fume cupboard, glove box  | Likely to still require admin controls as well  |
| 4. Admin controls  | Examples: training, supervision, signage  |   |
| 5. Personal protection  | Examples: respirators, safety specs, gloves  | Last resort as it only protects the individual  |

Risk process

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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 if 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.  |

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| 5  | 10  | 15  | 20  | 25  |
| 4  | 8  | 12  | 16  | 20  |
| 3  | 6  | 9  | 12  | 15  |
| 2  | 4  | 6  | 8  | 10  |
| 1  | 2  | 3  | 4  | 5  |

1. Identify the impact and likelihood using the tables

**LIKELIHOOD**

5 above.

2. Identify the risk rating by multiplying the Impact by

4 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

3 reasonably practicable.

4. If the residual risk is green, additional controls are

2 not necessary.

5. If the residual risk is amber the activity can

1 continue but you must identify and implement

further controls to reduce the risk to as low as

 reasonably practicable.

 1 2 3 4 5 6. If the residual risk is red do not continue with the

activity until additional controls have been

**IMPACT** implemented and the risk is reduced.

1. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.

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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  |

1. 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.