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| Work/Activity: Water Polo |
| This Risk Assessment is for the Southampton University Water Polo Club. Water Polo is a physical contact sport played by seven players (and up to 6 substitutes) per team. Our training hours are as follows: Wednesday (8-9pm Women’s, 9-10pm Men’s), Thursday (8-9pm) and Sunday (8-9pm Men’s and 9-10pm Women’s). For both Men’s and Women’s training, the session is taken by the respective 1st Team Captain who has several years of experience in the sport. Both Men’s and Women’s second team are coached by experienced players who train less experienced players or novices to a point where they will be comfortable in a match situation. |
| Group: | Assessor(s): Philip King | Contact: pjk2g16@soton.ac.uk |
| Guidance/standards/Reference documents  | Competence requirements |
| <http://www.hse.gov.uk/Risk/faq.htm>  | **Role:**  | **Skills, experience or qualifications**  |
| Philip King (President)Alisdair Wakeling (Men’s 1st Team Captain)Mary Perkins (Women’s 1st Team Captain)Thomas Bragg (Men’s 2nd Team Captain)Ellen Cornish (Women’s 2nd Team Captain)Life Guards at Jubilee Swimming Pool  | Swimming for 15 years, Water Polo for 9 years. Qualified Lifeguard Swimming for 15 years, Water Polo for 6 years. Swimming for 15 years, Water Polo for 5 years. Swimming for 14 years, Water Polo for 2 year. Swimming for 12 years, Water Polo for 2 year.Life Guarding and Health and Safety Qualifications |
| Risk assessments linked |
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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 / Match |  Unintended collision with other players/equipment. | Players – sprains, strains, bruising, fractures and head injury | Players are provided with hats that provide ear protection. Training is taken by experienced players and matches are refereed by qualified officials. Life Guard on duty. | 2 |  Equipment is always worn whenever contact may occur. | Captains / coaches | 2 |  |
| Training / Match | Lack of knowledge/skill.  | Players – especially novices-unaware of the physical aspect of the sport | Novices are placed in the second team where training and matches are less intense and are trained to a standard where they will be comfortable in a match situation. Life Guard on duty. | 2 | Training is always taken by very experienced players/coaches. There is always a warm up and no one is forced to do anything they feel unable to do. | Second team captains / coaches | 1 |  |
| Training / Match | Exhaustion | Players – hypoglycaemia, nausea, fainting and/ or vomiting | Not a risk. Players are always welcome to get out of the pool if they are feeling tired. Life Guard on duty. | 1 | Competent and experienced coaching. Players are always encouraged to bring food or drink to poolside if they need it. No pressure to turn up if you don’t feel like it.  | Captains / coaches | 1 |  |
| Training / Match (Circumstantial) | Dehydration | Players | Drinking water available on poolside from tap. Life Guard on duty. | 1 | Players to supervise and proactively monitor players in all training sessions. Water available at venue. Players are encouraged to bring their own water bottle to all club sessions. | Captain/ coaches | 1 |  |
| Biological | Lack of Hygiene | Players and coaches affected by infection and disease | Pool is chlorinated and cleaned by jubilee pool staff. Showers and changing facilities exist on site. Life Guard on duty. | 1 | All these facilities are at the Jubilee pool, equipment is kept there too. | Pool staff | 1 |  |
| Equipment set up/take down | Manual Handling | Players and coaches – sprains/strains, entrapment and crushing injuries | Goals are always placed in the pool by at least two people at a time, so lifting is not an issue. Life Guard on duty. | 1 | Manual handling not involved. Goals are light enough to be easily carried by two people | Committee members | 1 |  |
| Training / Match | Damage or failure of sports equipment | Players and coaches – affected by sprains, strains, trauma injuries including crushing and lacerations. | Facilities maintained and checked by Sport and Wellbeing Staff.SUWPC equipment checked by committee members regularly. Equipment deemed to be unsafe is immediately replaced. | 1 | All equipment is in good condition. We recently bought new hats, so ear protection is not an issue. | Sport and Wellbeing staff/ Committee members | 1 |  |
| Training / Match | Pre-existing illnesses and injuries  | Players – illness and injuries may come back to affect them. | When players sign membership forms they must state any injuries or illnesses they may have. The committee then discuss whether it is safe for them to play. | 2 | For asthmatics this is an issue, but we ensure that anyone who suffers from asthma brings their inhaler to poolside. | Full committee | 2 |  |
| Training / Match | No Lifeguard on Duty | Players – anyone around or in the pool has increased risk of drowning and other injuries. | Jubilee must always have at least one trained life guard pool side at all time. Training or matches will not go ahead without their presence. | 2 | Some club members are former/current trained Life Guards and can help in emergency situations. | All Members | 2 |  |
| Training / Match | Overcrowding of the pool | Players – overcrowding can lead to increased chance of drowning and lower chance of being noticed by Lifeguard | Jubilee has a limit of 60 people in the pool at one time, numbers must not exceed this. The club splits its 2 hours pool time between boys and girls so that the pool does not become overcrowded. Life Guard on duty. | 1 | The captains should count numbers before each session and discuss with the lifeguards if the pool seems overcrowded even if under the 60 people limit. | Captains / Life Guards | 1 |  |
| Training / Match | Jewellery | Players – risk of physical injury including lacerations and potential strangulation | In line with Jubilee Pool Rules, all jewellery must be removed before entering the pool. Life Guard on duty. | 1 | Any member should remind anyone who forgets to remove any jewellery. | All Members | 1 |  |
| Training / Match | Long Hair & Nails | Players – risk of laceration | All members should keep nails short and remove fake nails before training or a game. Additionally, long hair must be tied up and a cap worn. In games every player must wear a swimming hat. Life Guard on duty. | 1 | Any member should remind anyone who forgets to cut their nails or tie up their hair. Warnings given to those who fail to comply by committee members. | All Members / Full Committee | 1 |  |
| Away Matches | Travel to away fixtures | Players and coaches in any vehicle travelling to an away game | All minibus drivers must be over 21 and passed the SUSU required minibus test. Additionally, personal cars used must be fully insured and with a valid driving license. Numbers per car should not exceed the specified numbers from the manufacturer. | 3 | Captains must plan, whenever possible using SUSU minibuses over member’s cars so that driving can be shared. | Captains | 3 |  |
| Training / Match | Slipping, Tripping and Falling | Players, coaches and referees on poolside. | In line with Jubilee Pool Rules no running is allowed pool side. Referees and Coaches are encouraged to wear non-slip footwear when walking up and down poolside. Life Guard on duty. | 1 | Members must not encourage others to rush which may cause them to run and fall. | All Members / Life Guards | 1 |  |
| Training / Match | Strains, Sprains and Cramp | Players | Captains must ensure a full and detailed warm up at the beginning of the session, with water polo specific concentration to reduce chance of strains, sprains and cramp. Life Guard on duty. | 1 | Anyone who needs specific stretches for previous injuries or tight muscles is allowed as much time to do so. | Captains | 1 |  |
| Training / Match | Risk of Drowning / Submersion | Players who are not competent swimmers | Any new member is required to take part in a warm up at the beginning of a session. Anyone whose swimming is deemed as inadequate is politely asked to leave for the safety of themselves and others. Life Guard on duty. | 1 | A competent level of swimming should not be assumed, all members should instead be asked and tested on their ability. | 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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| 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. |