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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Southampton University Hospitals Rugby Football Club** | **Date** | **19/03/2021** |
| **Unit/Faculty/Directorate** | **Faculty of Medicine** | **Assessor** |  |
| **Line Manager/Supervisor** |  | **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** |
| 1.People participating who are not eligible or medically fit | Legal liability & Unknown Medical conditions | Participants | **1** | **3** | **3** | Ensure participants are eligible to participate – age, ability etc relevant to the session. Ensure participants are medically fit to participate, enquire in sensitive and confidential manner. | **1** | **3** | **3** | Check through registers or verbally request information at open access sessions |
| 2.Impact Injuries  | Mouth/ face/ ear injuries  | Participants | **3** | **2** | **6** | Gum Shields to be worn during contact activities.Advise scrum caps for scrum members. | **3** | **2** | **6** | Checked by coach prior to the start of the activity |
| 3.Condition of playing surface  | Slips, Trips & Falls | Participants & Leader | **1** | **3** | **3** | Inspection of the playing surface to ensure it is safe for the session to take place.  | **1** | **3** | **3** | Request letting body to fill excess divots/ clear debris if required |
| 4.Rugby Posts / Corner Flags  | Cuts, Collision with Equipment | Participants & Leader | **1** | **3** | **3** | Ensure equipment meets National Standards and is checked before use and ensure post protectors are used | **1** | **3** | **3** |  |
| 5.Line Outs  | Slips, Trips & Falls Cuts, Collision  | Participants | **3** | **3** | **9** | Correct coaching in controlled environment to learn the skills required.  | **3** | **3** | **9** | Planned and structured coaching session. Participants aware of ALL safety points |
| 6.Scrums  | Neck/ Back injuries  | Participants | **3** | **3** | **9** | Approved scrimmage machines to be use for teaching the skill. In a game situation – if a scrum member is injured and there is no replacement who has been trained in the scrum then there must be Unopposed scrums. Front row player encouraged to wear scrum caps | **3** | **3** | **9** | Planned and structured coaching session. Participants aware of ALL safety points |
| 7.Strains and Injuries during and after play  | Injury  | Participants & Leader | **1** | **2** | **2** | Adequate Warm Up and Cool Down.Participants Wearing Suitable Clothing and Footwear | **1** | **2** | **2** |  |
| 8.Studs  | Rough Studs. Cuts etc  | Participants | **1** | **2** | **2** | Ensure coach/ referee checks studs prior to participant taking part in the session/ game | **1** | **2** | **2** |  |
| 9.Heat Exhaustion  | Dehydration  | Participants & Leader | **1** | **3** | **3** | Regular Breaks and Access to Drinking Water/ encourage participants to bring own drinking water | **1** | **3** | **3** |  |

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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** |
| 1 | Check before the season begins to identify if participants are eligible to participate. If a player becomes injured during the season, then regular check ups on their recovery by the committee will ensure the player does not restart playing too early. | Elliott Ayling | 29/03/21 | 29/05/21 | If current plan is successful, then continue to assess each player regularly throughout the season to ensure nothing changes. |
| 2 | Advise and ensure players wear the correct protective equipment required (e.g. gumshields and encourage scrum hat use etc.)Ensure correct coaching in how to avoid these injuries where possible in tackles etc. | Elliott Ayling | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| 3 | Before every session we will check with both wide lane staff and also using our own judgement to assess if the playing or training area is appropriate for the activity | Elliott Ayling, Wide Lane staff, Declan Woodhouse | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| 4 | We will ensure that all equipment required during game time is used and also is in an appropriate state to be used safely. | Wide Lane staff, Elliott Ayling | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| 5 | We will ensure that players are familiar and component in the basic techniques required to ensure that the movement is able to be undertaken safely. Anyone who is found to not have a firm understanding of the basics will be taught and found to be competent before involvement in more complex movements. | Elliott Ayling, Declan Woodhouse | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| 6 | We will ensure that players are familiar and component in the basic techniques required to ensure that the movement is able to be undertaken safely. Anyone who is found to not have a firm understanding of the basics will be taught and found to be competent before involvement in more complex movements. | Elliott Ayling, Declan Woodhouse | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| 7 | Players will be suitably warmed up before every session and a cool down will also be offered after every session. This will help to prevent any muscle strains to the minimum possible. | Elliott Ayling, Reece Savage | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| 8 | Studs on players rugby boots shall be checked to be appropriate before each session by our coach and also by the referee in match situations. Anyone found to not have appropriate studs will not be allowed to participate that day. | Elliott Ayling, Referees during match days | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| 9 | Participants will be reminded to bring their own water bottles and will have the opportunity to have regular drinks breaks throughout training sessions. | Elliott Ayling, Reece Savage | 29/03/21 | 29/05/21 | If current plan is successful, then continue throughout the season and ensure that any alterations required are made when they become apparent. |
| Responsible manager’s signature: Declan Woodhouse | Responsible manager’s signature: |
| Print name: Declan Woodhouse | Date: 19/03/2021 | Print name: | Date |

**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** |

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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.  |

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 |