**Women’s Basketball Risk Assessment**

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| Location: | Sports Arena |
| Assessor: | President et al |
| Persons at risk: | Players/Spectators |

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|   | Pre-Control Risk Rating | Control Measures | Post Control Risk Ratings | Comments |
| L | S | Risk Score |  | L | S | Risk Score |
| H – airborne illnessesHE – illness being transmitted to people via dust particles/respiratory droplets**C – Contracting the virus/germs resulting in consequences ranging from being asymptomatic to death** | 2 | 7 | 14 | Ensure that anyone with illness (cold, flu etc.) do not attend training sessions, matches to minimise spread of infection – based on outdoor session. | 1 | 7 | 7 | If player presents with covid 19 after training or match. We will urge players to test for covid. Along with asking the player with covid not to return to training till covid free, we will also check on them throughout their time of isolation. |
| H- lack of preparation before training and matches session (warm up) HE- participating in training session/matches without adequate warm up C- Potential injuries such as to their muscles | 3 | 5 | 15 | Coach/captain will ensure everyone takes part in the warm up before training and a match and all attendees who show up later to the session, will be asked to do an individual warm up prior to joining the main session. | 1 | 5 | 5 |  |
| (H) Not wearing correct footwear (Basketball Shoes)(HE) Lack of Traction/grip to floor, more likely to slip or fall(C)Strains/bruising/cuts | 3 | 4 | 12 | Captain/Coach responsible for ensuring all Players have correct footwearEnsure spare footwear is available where necessaryAny faulty footwear is replacedAll club members are required to wear appropriate footwear | 1 | 4 | 4 |  |
| H – Playing surfacesHE – trips and falls. Uneven playing surfaces causing trips, falls and hard and soft surfaces causing injuries for playersC – Cuts, bruises, sprained joints | 3 | 4 | 12 | Coach/president/captain to check training surface beforehand and remove any objects which might pose a trip hazard.The decision to cancel training or matches will be made by Jonny Lowdell General Manager at Essex Sport. | 1 | 3 | 3 |  |
| (H) Moving Training equipment (HE) Incorrect manual handling techniques utilised (C) Injury from manual Handling  | 2 | 2 | 4 | Minimum of 2 players to move any heavy or long pieces of equipment (e.g. goals)Use of Trolleys or other aids if available Correct Manual Handling Training provided  | 1 | 2 | 2 |  |
| (H) Landing after jumping (HE) Player has Awkward Landing(C) Sprains/strains  | 3 | 5 | 15 | Players are taught to defend by closing out without coming into the landing space of the offensive player.Players are taught correct landing technique (for after jumping) | 2 | 5 | 10 |  |
| (H)Players(HE) Abusive behaviour, physical violence(C)Injury from Physical Violence or emotional distress | 6 | 3 | 18 | Control to remove person from pitch by referee (red card) and players intervening to stop any physical violenceWarnings and clear expectations put in place before a game | 2 | 2 | 4 |  |
| (H) Spectator(HE) Abusive Behaviour, physical violence (C) Physical Violence or emotional distress | 3 | 3 | 9 | Control to remove person from pitch by referee (red card) or sports centre staffSpectators removed from venue if their behaviour warrants this. | 1 | 2 | 2 |  |
| H IntoxicationHE Attendee arrives to training/matches intoxicated and tries to participate C Injuries themselves or their peers | 1 | 5 | 5 | Any student deemed to be under the influence of alcohol/drugs will be refused entry to training/won’t be allowed to play in matches. | 1 | 1 | 1 |  |
| H Over exhaustion/Dehydration HE An attendee works too hard/don’t drink enough waterC Fainting/Collapsing and any consequent injuries | 3 | 5 | 15 | Coach to ensure that they provide sufficient breaks during a training session for attendees to rest and rehydrateCoach/captains to remind attendees to bring a water bottle with them.On matchdays water is provided by coach/captain for players to drink from if they don’t have their own. | 2 | 4 | 8 |  |

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| (H) Travel to and from Matches(HE) Dangerous Driving or Traffic Laws Broken(C) Road accidents in hired mini-buses when travelling to away venues | 2 | 7 | 14 | Drivers not to exceed the seating limit. No drivers will consume alcohol prior to driving. Driver to be properly qualified, for example, only driving the mini bus after passing the SU test. Vehicle will be checked and suitable for use prior to departure. If during the journey the vehicle becomes unsafe then the driver will contact the SU directly. Highway Code adhered to at all times. | 1 | 7 | 7 |  |

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| (H) Unexpected Medical Emergency(HE) Participant has Unexpected Medical Emergency (Heart Attack)(C) Heart Attack or other Medical Emergency Leading to Serious Medical Concerns/Death | 1 | 7 | 7 | Ensure Medical Information is up to date for all participants and is readily available in the event of an emergency. Ensure First Aiders are present at all matches and training Sessions | 1 | 7 | 7 |  |

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| H – Pre-existing injuryHE – participating in physical activity with a pre-existing injuryC – Aggravate/worsen a pre-existing injury (e.g. tears an ACL) | 5 | 6 | 30 | Attendees to make coach/captain aware of any pre-existing injuries.Student to opt out of any form of physical activity which might worsen their injury.Coaches/captains keep tabs on players’ previous injuries and check on their welfare.Coaches/captain only select players for matches who are deemed fit to participate. | 2 | 6 | 12 |  |

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| (H) Fire (HE) Being trapped in area with fire(C) Death at worse | 2 | 7 | 14 | Ensure Fire doors are closed in Sports Hall/arena. Ensure Fire Doors are not blocked and all teams are informed of the emergency procedure and meeting places.Participants to bring nothing with them to training/matches which might result in a fire.  | 1 | 3 | 3 |  |

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| (H) Participant’s behaviour(HE) Students not adhering to the rules of the game/reckless play(C) Injuries to opponents and self (e.g. bruises/cuts/concussion) | 4 | 5 | 20 | All players are made aware of the importance of taking care of opponents and the latest edition of the rules of the sport.  | 2 | 5 | 10 |  |

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| **The person signing this assessment must check the information above to ensure it is relevant to this operation on this site. Additionally, any additional controls measures deemed necessary must be included.** |
| **Signed Author** |  | **Date:**  |
| **Signed Checked By** | **Rob Neale** | **Date: 19/12/22** |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
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