**LACROSSE TRAINING AND GAMES**

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| Location: | Grass Pitches and Astro Turf |
| Assessor: | Rafael Rivero, Ellie Wood |
| Persons at risk: | Attendees  |

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| Hazard (H)Hazardous Event (HE)Consequence (C) | Pre-Control Risk Rating | Control Measures | Post Control Risk Ratings | Comments |
| L | S | Risk Score |  | L | S | Risk Score |  |
| (H) Lacrosse sticks(HE) Stick checking(C)Injuries: cuts and bruises  | 6 | 3 | 18 | Members aware of risk and are taught how to check safely. Men wear gloves, arm pads, helmets and other protective equipment. Women wear googles and other protective equipment. As well as having most of the people attending the session first aid qualified with a first aid kit at hand.  | 4 | 2  | 8 |  |
| (H) Playing lacrosse(HE) Tackling(C) Injuries: cuts and bruises | 3 | 4 | 12 | Training on how to tackle safely and avoid contact. Protective gear always worn.As well as reducing contact on Monday training (Astro pitches) due to the increase injury for the ground  | 3 | 3 | 9 |  |
| (H) Lacrosse ball(HE) Getting hit by a Lacrosse ball(C)Injuries including concussion | 6 | 6 | 36 | Members made aware of the risks, shout ‘heads’ if ball is flying to someone not looking. Spectators have space away from pitch, behind if possible. Players wear helmets. Wear mouth guards. And other protective equipmentAll captains issued with concussion recognition tool document within their captain packs. If a player sustains impact to their head from another player’s head/elbow/ground, they will be checked for possible concussion. First aider/captain/coach should look out for visible clues of concussion (e.g. slow to get up off the ground) and test memory function (e.g. What venue are we at today?) of the injured party. Any athlete with suspected concussion should be immediately withdrawn from play and assessed by a first aider. They should not be left alone or drive a motor vehicle. | 3 | 5 | 15 |  |
| H – DriverHE- Driver’s license not up to dateC- Accident/Fine | 3 | 6 | 18 | The club/SU Activities Team ensures that the driver has a valid licence(+ car insurance) | 1 | 6 | 6 |  |
| H- DriverHE – Long journey to/from venue causing exhaustionC – accident | 4 | 7 | 28 | The club ensures that the driver does not drive more than 2hours.The driver will take a 15 minute break for every 2 hours of driving. | 2 | 7 | 14 |  |
| H – PassengersHE – no seatbelts worn during journey.C- Whiplash | 3 | 7 | 21 | Ensure that everyone has their seatbelt on before starting the journey and keeps it on during the journey. | 1 | 5 | 5 |  |
| H **-** faulty equipmentHE – Player playing with faulty equipmentC – Cuts, splinters | 2 | 3 | 6 | Kit manager to ensure necessary periodically equipment checks, and servicing has been completed and documented. Any faulty equipment will be taken away from the storage room to avoid it use and replaced with new equipment if possible  | 1 | 3 | 3 |  |
| H – foreign objects on floorHE – trips and fallsC – Cuts, bruises, sprained joints | 3 | 4 | 12(medium) | Session leads to check training surface beforehand and remove any objects which might pose a trip hazard. | 1 | 4 | 4(low) | Session leads to ensure nothing is left on any surfaces used after use. |
| Sun (H)Participants becoming overexposed to sun (HE)Heat stroke (C)  | 3 | 6 | 18 | Members are recommended to wear appropriate kit to prevent over heating in summer months and encouraged to bring water to sessions.  | 1 | 3 | 3 |  |
| Cold (H)Participants becoming exposed to extreme cold conditions (HE)Hypothermia (C) | 3 | 6 | 18 | During winter months the temperature will be very low. Members are advised on what clothing to wear.  | 2 | 6 | 12 |  |
| Individual Participant Medical (H)Participant has Medical Emergency (HE)e.g. Asthma Attack (C) | 4 | 6 | 24 | Members are encouraged to tell the committee members about any medical conditions that may be relevant in the exercise of the sport. Welfare and captain to be notified of the location of any emergency medication (asthma pump, EpiPen etc..) | 4 | 2 | 8 |  |
| H – Pre-existing injuryHE – participating in physical activity with a pre-existing injuryC – Aggravate/worsen a pre-existing injury (e.g. tears an ACL) | 3 | 6 | 18 | Inform Welfare and Captain of condition. Participant to opt out of any exercises which may cause further 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 by all stakeholders. | 2 | 5 | 10 |  |
| H – exerciseHE – exercise with muscles not adequately warmed upC – Injuries (strained muscles) | 5 | 5 | 25 | 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. | 2 | 4 | 8 |  |
| (H) people(HE) Players/spectators poor behaviour(c) People’s mental health affected by abusive comments. | 3 | 4 | 12 | Players and spectators are told to behave in a respectful manner to everyone abiding by the Blades Code of Conduct. if there’s an aggression both physical or verbal it will be reported to welfare, president and any other relevant committee member which will then pass the incident onto the SU if needed  | 2 | 4 | 8 |  |
| (H) Footwear(HE) Training/playing Lacrosse with inadequate footwear.(C) Slipping, falling or other injures related with the ground | 6 | 3 | 18 | Players are told to wear appropriate footwear to the training and matches sessions (studs to the grass pitches and Astro-turf shoes to the Astro)  | 3 | 3 | 9 |  |

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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** | **RR. EW** | **Date: 9/12/22** |
| **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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