**University of Essex Netball Club**

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| Location: | Sports Arena |
| Assessor: | Amy West |
| Persons at risk: | Participants and Spectators |

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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 – airborne illnesses  HE – 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 (Medium) | 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 (Low) | Club to ensure that any participants that are ill, are checked up on in following days. If there is a case of someone attending and had COVID at a session, club to contact attendees and recommend they undertake a lateral flow test. |
| H - **equipment contaminated with coronavirus/germs**  **HE – People coming into contact with the virus/germs via handling the equipment**  **C – Contracting the virus/germs resulting in consequences ranging from being asymptomatic to death** | 2 | 7 | 14  (Medium) | All equipment (e.g. racquets) will be sprayed by session leads before the event starts with a diluted bleach solution and left for 1 minute before being wiped dry and clean with a new clean tissue paper cloth. Then they will also be sprayed with Dettol and again left for 1 min and wiped dry and clean with a new clean tissue paper cloth.  This same procedure will occur after the equipment is used and before being handled by a new participant.  Participants asked to use hand sanitiser (minimum of 80% alcohol content) pre and post handling equipment. | 1 | 7 | 7 (Low) | Sanitise equipment throughout session if lots of people are using the small equipment (e.g pool cues) |
| H **-** faulty equipment  HE – contact with faulty equipment (e.g., sharp edge of tennis handle)  C – Cuts, splinters |  |  | Depends on club equipment | Session leads, visually inspect equipment prior to when they’re due to be used. If any harmful equipment is identified, this is not to be used and is safely disposed of.  Session leads to check equipment again on the day of the event. If any harmful equipment is identified, this is not to be used and is safely disposed of. Safe equipment is then used in its place.  Where relevant, club equipment is serviced to ensure it is fit for purpose and is being safely maintained. |  |  |  |  |
| H – foreign objects on floor  HE – trips and falls  C – 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. |
| H – Driver  HE- Driver’s license not up to date  C- Accident/Fine | 3 | 6 | 18 | The club/SU Activities Team ensures that the driver has a valid licence  (+ car insurance) | 1 | 6 | 6 |  |
| H- Driver  HE – Long journey to/from venue causing exhaustion  C – 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 – Passengers  HE – 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 – Lack of water  HE – Lack of water consumption when training  C - Dehydration | 3 | 4 | 12 | Hot temperatures and direct sunlight can cause dehydration, Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure regular fluids are consumed. Players are encouraged to bring water bottles to games and training. | 3 | 3 | 9 |  |
| Individual Participant Medical (H)  Participant has Medical Emergency (HE)  e.g. Asthma Attack (C) | 4 | 6 | 24 | Participants who have asthma - Inability to breathe and find the exercise more difficult.  Notifying session lead and AND carrying inhaler / medication. Training partners ensuring each other’s condition throughout session. Session lead / president to inform class of requirement to tell of any medical conditions and then participant’s responsibility to tell session lead. | 4 | 2 | 8 |  |
| H – Pre-existing injury  HE – participating in physical activity with a pre-existing injury  C – 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 – exercise  HE – exercise with muscles not adequately warmed up  C – 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 - Participant Behaviour  HE – Participants not behaving within the laws/spirit of the game  C – injuries to players | 2 | 4 | 8 | Poor safety awareness of participants could increase the likelihood of an injury.  All players are made aware of the importance of taking care of opponents and the latest edition of the rules of the sport.  Team captains or coaches should be aware of possible aggression arising between players at all times. Any aggression is dealt with in a calm manner ensuring it never presents a risk. | 1 | 2 | 2 | Any unsafe behaviour will be addressed and corrected. |
| H Jewellery  HE Jewellery being worn by a class attendee falling/flying off during class  C Jewellery hitting another attendee or causing another attendee to slip/trip/fall | 4 | 5 | 20 | Remind class attendees to remove jewellery before class starts | 1 | 3 | 3 | Exceptions may be allowed for items such as wedding rings, religious items etc |
| H – Clothing  HE – Incorrect clothing worn by participants  C – Injuries such as bruises etc | 3 | 2 | 6 | All club members are required to wear appropriate clothing/protective equipment as recommended by the clubs NGB | 1 | 1 | 1 |  |

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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** | **Amy West** | **Date: 12/01/2023** |
| **Signed Checked By** | **Rob Neale** | **Date:03/03/2023** |

**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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