**Essex Squash club training**

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| Location: | Squash Courts |
| Assessor: | Vice-President et al. |
| Persons at risk: | Participants/Coaches |

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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 (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 same equipment. |
| H **-** faulty equipment  HE – contact with faulty equipment (sharp edge of squash handle)  C – Cuts, splinters | 3 | 4 | 12  (Medium) | Coaches and committee members will 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.  Coaches and members 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.  Club equipment is serviced to ensure it is fit for purpose and is being safely maintained. | 1 | 4 | 4  (Low) |  |
| 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) | Coaches will check the squash courts surfaces to make sure there are no hazards. |
| H – Squash ball  HE – Collision with ball (tripping over/hitting player)  C – Injury (slips/trips/falls) | 5 | 3 | 15  (Medium) | Before commencing play, all balls will be removed from court. Players will be responsible for the safe storage of allotted balls during matches.  During drills, players will ensure that all squash balls are kept within a harmless location, i.e. Off court. | 2 | 2 | 4  (Low) |  |
| H – Squash rackets  HE – Accidentally making contact with a player  C – Injury (bruises,…) | 3 | 5 | 15  (Medium) | Ensure all players have sufficient grip on rackets; players informed to keep hold of rackets at all times.  All participants new to squash will be taught how to safely swing a racket, as well as any associated risks. | 2 | 3 | 6  (Low) |  |
| H – Equipment  HE – Wrong setting leading to trips, slips and falls  C -- Injury from setting up and taking down of equipment | 3 | 4 | 12  (Medium) | New session leads to be trained how to set up and store equipment. | 1 | 4 | 4  (Low) |  |
| H – Players  HE – Player collisions  C- Risk of injury from falling over, colliding with players | 5 | 4 | 20  (Medium) | Ensure players are aware of the risks and take the necessary precautions to avoid injury | 3 | 4 | 12  (Medium) |  |
| H – Clothing  HE - Inappropriate clothing  C - Injury | 3 | 2 | 6  (Low) | All participants informed of what not to wear in email sent day before session. | 2 | 2 | 4  (Low |  |
| H – Player  HE – Hot/humid temperatures  C - Heat stroke, dehydration, exhaustion, hypothermia | 6 | 5 | 30  (High) | Large quantities of fluid can be lost from the body during strenuous exercise; players are responsible for bringing sufficient water to the session | 4 | 4 | 16 |  |
| 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 – Players  HE – Participants who have medical conditions (asthma)  C- Inability to breathe and find the exercise more difficult | 4 | 5 | 20 | Session leads to inform group of their requirement to tell of him any medical conditions, prior to the session.  Session leads verifies that the player has the appropriate medical equipment.  Participant opts out of any part of the session when the need arises. | 3 | 2 | 6 |  |
| H – players  HE – Participants carrying injuries  C - Exacerbation of injuries | 3 | 6 | 18 | Inform session leads of condition. Participant to opt out of any section of the training if this might worsen their injuries. | 2 | 4 | 8 |  |
| H -Player  HE - Aggression between participants (intentional or unintentional reckless behaviour)  C – Physical and mental injuries | 3 | 3 | 9 | Session leads should be aware of possible aggression arising between participants at all times.  Any aggression is dealt with in a calm manner ensuring it never presents a risk.  If a participant becomes aggressive and refuses to leave the session, security is called to deal with the individual in question. | 2 | 3 | 6 |  |

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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: 9/12/2022** |
| **Signed Checked By** | **Rob Neale** | **Date: 15/12/2022** |

**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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