**Women’s football training sessions**

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| Location: | Pitches, Colchester campus |
| Assessor: | Niamh Kellett |
| Persons at risk: | Coach, players |

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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 – playing surface  HE – surface not safe to play on  C – musculoskeletal injury | 4 | 5 | 20 | Ensure pitches are safe, and any holes have been filled in.  University of Essex Grounds Team are ultimately responsible for the condition of the training grids. If they are deemed unsuitable to play on by the Grounds Team, SU Activities Team will inform the club whose sessions will be cancelled. | 2 | 5 | 10 |  |
| H – faulty floodlights  HE – Floodlights turn off  C - musculoskeletal injury | 4 | 5 | 20 | Floodlights are set up properly by grounds team and are turned on by the club for each session.  Grounds team monitor floodlights to ensure they’re functioning. | 1 | 2 | 2 |  |
| H – weather conditions  HE – too hot/too cold  C – hyper/hypothermia, heat stroke | 3 | 4 | 12 | Ensure correct clothing is worn for temperature conditions. If it is too hot or cold, session will not run.  Players encouraged to bring water to each training session and drink regularly during hot weather to avoid dehydrating. | 2 | 4 | 8 |  |
| 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 | Session leads will ensure that preparation before sessions is a priority, to prevent avoidable injuries. |
| 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) | 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 by all stakeholders. | 2 | 6 | 12 |  |
| H Jewellery  HE Jewellery being worn by at training/matches  C Jewellery causing injuries to peers or the wearer | 4 | 5 | 20 | Jewellery such as necklaces to be removed before training/matches. | 1 | 3 | 3 |  |
| (H) Participating in training/matches  (HE) Head collisions between players or between players and floor  (C) Possible concussion and continuing to play with concussion | 4 | 5 | 20 | All 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 |  |

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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** | **Niamh Kellett** | **Date: 17.10.22** |
| **Signed Checked By** | **Rob Neale** | **Date: 05/12/22** |

**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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