**American Football Risk Assessment**

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| Location: | Pitches/Grids |
| Assessor: | Seun Oshin |
| Persons at risk: | Players/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 |

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| 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.Pitches are to be maintained by ground staff and cancel fixtures if ground is deemed unsuitable to play on. The decision to cancel training or matches will be made by Essex Sport who will inform SU who will in turn inform the affected clubs.  | 1 | 1 | 1 |  |

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| H- Weather HE- ThunderC- Electrocution | 3 | 7 | 21 | Coach/Ref or President will analyse the training session or Game day weather. We can do this by looking at the weather App or looking at the sky. As soon as we hear or see thunder we cancel the game/training and head home. Helmets are made out of metal. | 1 | 7 | 7 |  |
| (H) Participating in training/matches(HE) Head collisions between players or between players and floor(C) Possible concussion and continuing to play with concussion | 5 | 5 | 25 | 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 Any athlete with suspected concussion should be immediately withdrawn from play and assessed by a first aider.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 |  |
| H- Contact playHE- TacklingC - Poor tackling technique could result in a more serious injury such as concussion | 4 | 5 | 20 | Coach ensures before anyone has played or trained with the equipment that they have watched a specific video on why American Footballers get concussion, this is due to the tackling form. To minimise this, we have enforced correct tackling form in our training sessions. | 2 | 5 | 10 |  |
| H - Heightened emotions from playersHE - fight breaks out on the fieldC - players become injured  | 4 | 4 | 16 | Students made clear on conduct expected in training sessions and matches. Anyone who acts outside of this during training sessions will be removed. Coach and referee intervene as and when necessary. | 2 | 4 | 8 |  |
| 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 JewelleryHE Jewellery being worn by at training/matches C Jewellery causing injuries to peers or the wearer | 4 | 5 | 20 | Jewellery such as chain/rings to be removed before training/matches.  | 1 | 3 | 3 |  |
| H- Side line spectating HE- Player contact hits a spectator or playerC- injury | 3 | 4 | 12 | Spectating players too close to the line can get hurt due to contact from the pitch. To combat this we set up spectator ropes away from the pitch side lines where it is safe to spectate | 1 | 4 | 4 |  |
| 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 by all stakeholders.Physio to possibly look over players with pre-existing injuries.If properly checked (and the player is injured) they won't be playing and should be out of harm's way. | 2 | 6 | 12 |  |
| 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. |

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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** | **Seun Oshin** | **Date: 15/01/23** |
| **Signed Checked By** | **Rob Neale** | **Date: 16/01/23** |

**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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