**University of Essex Baseball Club**

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| Location: | Baseball Diamond/Batting Nets |
| Assessor: | Tom Meehan |
| 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 | 2 | 4 | 8 | 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. | 1 | 3 | 3 |  |
| 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- Coaches  HE- Unqualified / insured instructors / coaches  C- Potential fraud or injury | 3 | 5 | 15 | Club Committee to ensure that the coach / instructor is qualified and insured and where applicable a CRB is completed | 1 | 4 | 4 |  |
| 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 |  |
| H- Equipment  HE Setting up and backing away of equipment  C- Injury, twists, sprains and broken bones | 2 | 4 | 8 | Participants to be trained how to set up and store equipment properly to make easier access for general use. | 1 | 3 | 3 |  |
| H- Playing/training surface  HE participants slipping and falling over  C- Injury, twists, sprains and broken bones | 3 | 5 | 15 | Playing area is checked before use, and any debris is cleared. Ensure the area is suitable to be played on, not wet.  Essex Sport to inform SU if facilities aren’t safe to use. SU then relay this message to clubs. If SU instructs a club not to use facilities they follow this instruction.  Suitable footwear to be worn on gameday by everyone | 1 | 5 | 5 | Sports Centre to inform club is ground is not suitable for use. Supervisors to check whether ground is clean of moss. |
| 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- Travel  HE- Reckless driving of minibus/private cars  C- Crashes. Head trauma and sprained or broken bones | 3 | 7 | 21 | Drivers to abide by the Highway Code (e.g. abiding by speed limits). Driver to be properly qualified by passing the SU midas test. | 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- Weather  HE-Extreme cold can cause the ground to freeze and cause serious injury on impact  C- Bruising and broken bones | 2 | 5 | 10 | The ground will be reviewed by the sports centre and ground staff to ascertain if the ground is suitable to be played, if not under no circumstances will training or matches go ahead. | 1 | 4 | 4 | Keep an eye on the weather reports days before a game or training |
| Sun (H)  Participants becoming overexposed to sun (HE)  Heat stroke (C) | 2 | 6 | 12 | Large quantities of fluid can be lost from the body during continuous exercise, particularly in hotter temperatures. It is important to ensure regular fluids are consumed. Players are encouraged to bring water bottles to games. | 1 | 4 | 4 |  |
| H- Clothing  HE- Inappropriate appropriate clothing/protective equipment not worn  C- Injury, twists, sprains and broken bones | 3 | 4 | 12 | All club members are required to wear appropriate clothing/protective equipment as recommended by the clubs NGB | 1 | 3 | 3 |  |
| H- Players  HE- Collisions- with other players  C- Injury inc bruises | 3 | 6 | 18 | Tell players to be aware, marked out batter box, have players placed in right places and trained. | 1 | 6 | 6 |  |
| H- Ball  HE- Being hit by the softball/baseball  C- Injury – including concussion & continuing to play with concussion | 4 | 6 | 24 | catching practice/ exercises, tell spectators to be aware and batting practice (a good player hits away from catchers)  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. | 2 | 6 | 12 |  |
| H- Ball  HE- Training in the cricket nets  C- Injury including concussion and continuing to play with concussion | 3 | 5 | 15 | Ensure that all members are aware that when inside the cricket nets, baseballs and softballs can come back towards the pitchers at extreme speed.  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. | 1 | 5 | 5 |  |

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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** | **Thomas Meehan** | **Date:13/10/22** |
| **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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