**BOXING CLUB**

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| Location: | Training and campus-based events |
| Assessor: | Angel Tolley (social sec) & Ayo Okeowo (vice-president) |
| Persons at risk: | Coaches and members/ person training |

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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) Physical Contact  (HE) Participants colliding  (C) Concussions, Bruising and other acute injuries | 3 | 5 | 15 | Limit amount of people to 25 allowed in room at a time.  Coach/coaches make sure to always remember to remind participants to be aware of surroundings especially during activities involving high levels of movement. | 2 | 5 | 10 |  |
| (H) Over exhaustion/Dehydration  HE An attendee works too hard/don’t drink enough water  C Fainting/Collapsing and any consequent injuries | 3 | 5 | 15 | Coach to ensure that they provide sufficient breaks during a training session for attendees to rest and rehydrate  Coach/captains to remind attendees to bring a water bottle with them. | 2 | 4 | 8 |  |
| H – Participants  HE – Inappropriate behaviour (e.g. hitting ceiling)  C - Ceiling panel could fall on someone- lead to injury. | 6 | 6 | 36 | Urge people not to jump and hit ceiling.  If a participant behaves inappropriately and refuses to modify their behaviour, security is called and participant is removed from the session.  If panels do become lose and/ or fall out it should be reported straight away to Essex Sport. | 1 | 1 | 1 |  |
| H – Sparring  HE – Injuries  C – cuts, bruises, concussion – possible death | 7 | 7 | 49 | Members made aware of the risks,  Spectators have space away from pitch, behind if possible. Players wear helmets. Wear mouth guards. And other protective equipment  Coach/welfare officer issued with concussion recognition tool document. If a participant sustains impact to their head they will be checked for possible concussion.  First aider/session lead 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 Any athlete with suspected concussion should be immediately withdrawn from a session and assessed by a first aider. They should not be left alone or drive a motor vehicle.  BKK have first aid kit and trained personnel on sight with experience and insurance. The coaches there have the necessary experience to deal with sparring related injuries or situations |  |  |  |  |
| (H) Skipping ropes.  (HE) Not enough space when skipping  (C) Participants hit by skipping ropes resulting in cuts/lacerations to skin | 5 | 5 | 25 | Coaches to inform participants to be aware of surroundings.  If not enough space, asks people to spread out into corridor.  Do not use skipping ropes in session if there is not enough room to do this activity safely. | 2 | 5 | 10 |  |
| H **-** faulty equipment  HE – Player playing with faulty equipment  C – Cuts, splinters | 2 | 3 | 6 | Kit manager/coach to ensure necessary periodically equipment checks, and servicing has been completed and documented. Any faulty equipment will be taken away from the storage room to avoid it use and replaced with new equipment if possible | 1 | 3 | 3 |  |
| (H) Unexpected Medical Emergency  (HE) Participant has Unexpected Medical Emergency (Heart Attack)  (C) Heart Attack or other Medical Emergency Leading to Serious Medical Concerns/Death | 1 | 7 | 7 | Ensure Medical Information is up to date for all participants and is readily available in the event of an emergency.  Ensure First Aiders are present at all matches and training Sessions | 1 | 7 | 7 |  |
| 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 aware of any pre-existing injuries.  Student to opt out of any form of physical activity which might worsen their injury.  Coaches keep tabs on participant’s previous injuries and check on their welfare. | 2 | 6 | 12 |  |
| H- Liquid/foreign object on floor  HE- Participant slips or falls  C- Concussion/acute injury (bruising or grazes) | 3 | 5 | 15 | Ensure training area is clear of anything which poses a risk on the floor.  Spillages or sweat patches are cleared up as quick as possible | 1 | 5 | 5 |  |
| H- impact  HE- Injury caused by incorrect technique of punch or lack of protection  C- Strain/Sprain and/or bruising | 5 | 4 | 20 | Ensure all participants are taught correct technique for striking  All participants are to wear boxing gloves, and hand wraps where possible | 2 | 4 | 8 |  |
| 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 | 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 | If participant presents with covid 19 after training or match. We will urge participant to test for covid. Along with asking the participant with covid not to return to training till covid free, we will also check on them throughout their time of isolation. |
| H- Germs  HE – Spread of germs  C – illness – COVID etc | 5 | 4 | 20 | Gloves are regularly cleaned so they don‘t pose a health risk to participants. | 2 | 4 | 8 |  |
| H- lack of preparation before training and competition (warm up)  HE- participating in training session/matches without adequate warm up  C- Potential injuries such as to their muscles | 3 | 5 | 15 | Coach 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 Alcohol/drugs  HE 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. | 1 | 1 | 1 |  |
| (H) Participant’s behaviour  (HE) Students not adhering to the rules of the rink/training  (C) Injuries to others and self (e.g. bruises/cuts/concussion) | 4 | 5 | 20 | All participants are made aware of the importance of taking care, mutual respect and rules/laws of the sport.  If any participant acts in a way which poses in risk to other during training, security are called and the individual is removed from the session. | 2 | 5 | 10 |  |

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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** | **ANGEL CHARLIE TOLLEY** | **Date: 11/10/2022** |
| **Signed Checked By** | **Rob Neale** | **Date: 21/02/23** |

**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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