**Essex fencing club training**

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| Location: | Sport Hall Court 1 and 6 |
| Assessor: | President |
| 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 (helmets, sword handles) 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 – contact with spectator  HE – Spectator hit by fencers/fencers weapon whilst watching  C – injury on spectator/ fencer (cuts, bruises, concussion, sprains, perforation, damage to the eyes) | 4 | 5 | 20 (Urgent) | All spectators watch from the side of the hall and are not allowed near matches that are taking place. Club referees will ensure that spectators are not too close the match taking place. | 1 | 5 | 5 (Low) | Spectators will be told before fencing commences not to walk near to an active match. Referees remain aware at all times. |
| H- faulty equipment  HE- A weapon breaking and hitting someone  C- injury on spectator/fencer (cuts, bruises, perforation, damage to the eyes) | 2 | 4 | 8 (Low) | Welfare Officer/Armourer to check equipment before each training session/match.  Any faulty equipment identified is removed from use.  All matches are refereed, a referee will halt a match in the incidence of a broken weapon. All weapons are serviced and maintained regularly by the club armourer. | 1 | 4 | 4 (Low) | Weapons that are broken or damaged will not be used for training. |
| H- Fencing equipment  HE- Fencing equipment/clothing not fit for purpose  C- Injury (cuts, bruises, perforation, damage to the eyes, sprains if wrong shoes are used) | 4 | 7 | 28  (High) | All club members are required to wear appropriate clothing to fence in (tracksuit bottoms and trainers) as well as full fencing kit e.g. helmet. | 1 | 5 | 5 (Low) | Nobody will be allowed to fence without tracksuits and appropriate shoes. Club kit is regularly checked, and unsafe kit removed |
| H- Fencers  HE- Poor awareness of safety could increase likelihood of injury  C- Injury (cuts, bruises, perforation, damage to the eyes, sprains) | 4 | 4 | 16 (Medium) | All participants are made aware of safety and informed of the latest rules from the NGB | 2 | 4 | 8 (Low) | Any unsafe behaviour will be addressed and corrected |
| H- Fencers  HE- Aggression between fencers (intentional or unintentional physical/ verbal abuse).  C- Could cause intentional or unintentional injury (physical or mental) | 2 | 2 | 4 (Low) | Captains and coaches will spot aggression arising between players. Any aggression will be dealt with in a calm manner ensuring it never presents a risk. | 1 | 2 | 2 (Low) | Any unsafe behaviour will be addressed and corrected. |
| H- Equipment  HE- Injury from fencing or mishandling weapons  C- injury (cuts, bruises, perforation, damage to the eyes) | 5 | 5 | 25 (Urgent) | Inform participants that weapons are strictly to be used for fencing only. Participants will agree to these terms before being given a weapon and potential dangers will be explained carefully. | 2 | 5 | 10 (Medium) | Any participant mishandling or abusing will be reminded of the terms they agreed to. Continued misconduct will result in participants being removed from the session |
| H- Equipment  HE- Injury from equipment that is malfunctioning or not properly adjusted  C- injury (cuts, bruises, perforation, damage to the eyes) | 5 | 5 | 25 (Urgent) | Before being allowed to fence equipment will be checked. Zippers on jackets will be checked, along with masks (correct size crucial). | 2 | 5 | 10 (Medium) | During competitions/ trainings, referees and experienced members will halt matches if they spot any unsafe equipment. |
| H – foreign objects on floor  HE – trips and falls  C – Cuts, bruises, sprained joints | 3 | 4 | 12 (Medium) | Members to check training surface beforehand and remove any objects which might pose a trip hazard. Before a session starts the area will be cleared of any equipment from other sports. Before matches start the given area will be closed off | 1 | 4 | 4 (Low) | Members to ensure nothing is left on any surfaces used after use. Fencing will not be allowed until the piste and surrounding area is clear |
| H – Equipment  HE – Wrong setting up of equipment (spools, cables, scoring boxes, weapons/ helmets on the floor)  C -- Injury from setting up and taking down of equipment/ tripping on the equipment | 3 | 4 | 12 (Medium) | Members to be trained how to set up and store equipment. | 1 | 4 | 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 – I juries (strained muscles) | 6 | 5 | 30 (High) | Coach/captain will ensure everyone takes part in the warmup 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 carrying injuries  C - Exacerbation of injuries | 3 | 6 | 18 (Urgent) | 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- Fencers  HE- collision between fencers during a bout.  C- Injury (concussion, broken limb, sprains) | 4 | 2 | 8 (Low) | Inform the members about the rules of fencing related to collision between two fencers. | 2 | 2 | 4 (Low) |  |
| H – Individual person  HE – Person being mugged whilst alone in a city  C – Injury/Mental distress | 4 | 5 | 20 | Away team remain together as a group travelling to/from venue  Each member of team carries panic alarm on their person | 2 | 5 | 10 |  |
| H – Driver  HE- Driver’s license not up to date  C- Accident/Fine | 3 | 6 | 18 | The club/SU Activities Team ensures that the driver has a valid licence  (+ car insurance)  Only students who have passed the MIDAS tests can drive the 9 seater. | 1 | 6 | 6 |  |
| 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  More than one driver required in the car. | 2 | 7 | 14 |  |
| H – Passengers  HE – Too many people in the car/ no seatbelts  C- Accident/fine | 3 | 7 | 21 | Make sure that the car is not overcrowded with passengers  Ensure that everyone has their seatbelt on before starting the journey | 1 | 7 | 7 |  |

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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** | **Valentin Calvet: VC** | **Date: 13/01/2023** |
| **Signed Checked By** | **Rob Neale** | **Date: 16/01/2023** |

**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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