**uUniversity of Essex Hockey Club**

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| Location: | Astro Turf, University of Essex |
| Assessor: | Neive Wright |
| Persons at risk: | Members attending trainings, 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 – Equipment  HE – Faulty equipment  C - Injury | 4 | 4 | 16 | Ensure equipment is checked before use and stored properly.  Members encouraged to inform a coach know if they notice faulty equipment.  Any damaged or faulty equipment removed from use and replaced where needed  First aid kit on hand. | 2 | 4 | 8 |  |
| H – Equipment  HE – Misuse of Equipment  C – Injury | 3 | 5 | 15 | New players informed how to properly use equipment.  Warnings issued to those ‘mucking around’.  First aid kit on hand. | 1 | 5 | 5 |  |
| H – Foreign objects on floor  HE – Slips, Trips and Falls  C - Injury | 5 | 4 | 20 | Pitch checked before and after use for foreign objects.  Members and spectators encouraged to keep personal items/unused equipment in dugouts.  Any foreign objects on floor removed before session or match.  First aid kit on hand. | 1 | 4 | 4 | This includes litter. |
| H – Environment  HE – Lighting  C – Poor visibility could result in injury | 2 | 6 | 12 | In the event of poor visibility or flood lights faulty/off, play is stopped  First aid kit on hand. | 1 | 6 | 6 |  |
| H – Environment  HE – Temperature  C – Discomfort, more susceptible to injury | 4 | 4 | 16 | Players to wear appropriate clothing.  Play to stop in extreme weather e.g., snow.  First aid kit on hand. | 2 | 4 | 8 |  |
| H – Environment  HE – Ground Slippery  C – Slips, Trips, Falls | 3 | 4 | 12 | Players to wear appropriate footwear.  Play to stop in extreme weather e.g., snow  First aid kit on hand.  Essex Sport will inform the SU if the STP is not to safe on. SU will then in turn inform the hockey club and in such cases club training will not go ahead. | 2 | 4 | 8 |  |
| H – Airborne Illness e.g., COVID-19  HE – Illness being transmitted  C - Illness | 4 | 3 | 12 | Players encouraged to not train if they feel unwell.  Always adhere to the latest government guidelines regarding covid. | 1 | 3 | 3 |  |
| H – Player  HE – Pre-existing illness/injury/allergy  C – More susceptible to injury | 6 | 6 | 36 | Players encouraged to give pre-existing medical information where necessary.  Participants made aware they can opt out at any point in training or match if pre-existing injuries resurface.  Players encouraged to bring any additional medical equipment e.g., muscle tape, medication they may need to training.  First aid kit on hand. | 2 | 6 | 12 |  |
| (H) Participating in training/matches  (HE) Stick/ball hitting a player’s face  (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 |  |
| H – Player  HE – Not warmed up  C – Strains, pulled muscles | 4 | 4 | 16 | Warm up completed before every training session and match.  First aid kit on hand. | 1 | 4 | 4 |  |
| H – Player  HE – Not bringing personal protective equipment  C – Susceptible to Injury | 4 | 4 | 16 | Players will not be able to participate in games if protective equipment not worn. This is checked before games.  First aid kit on hand. | 2 | 3 | 6 | Personal protective equipment includes shinpads/gum shields/gloves/masks ext. |
| H – Player  HE – Not wearing appropriate clothing and footwear.  C – Slips, Trips and Falls. Reduced mobility. | 3 | 4 | 12 | Players will not be able to participate in games/training if appropriate footwear not worn. This is checked before games.  First aid kit on hand. | 1 | 4 | 4 |  |
| 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 – Player  HE – Not bringing sufficient provisions/water  C - Dehydration | 5 | 3 | 15 | Ample breaks.  Players informed of nearest water fountain.  Informed to bring water prior to training. | 2 | 2 | 4 | Nearest water fountain to STP is in the sports centre. |
| H – Player  HE – Not adhering to code of conduct  C – Irresponsible and aggressive behaviour. Increased risk of injury, upset team mates. | 5 | 2 | 10 | Players encouraged to adhere to code of conduct.  Zero tolerance policy to unnecessarily aggressive or hostile behaviour.  Security called if necessary and player removed from session if needed. | 2 | 2 | 4 |  |
| H – Player  HE – Not knowing the Rules  C – Accident and Injury | 4 | 5 | 20 | New players given proper instruction and demonstrations.  Coaches properly qualified.  First aid kit on hand. | 1 | 5 | 5 |  |
| H – Player  HE – Under the influence of drugs/alcohol  C – Increased risk or injury and illness. | 2 | 6 | 12 | Players under the influence will not be allowed to train.  First aid kit on hand. | 1 | 1 | 1 |  |
| H – Player  HE – Insufficient medical cover  C – Accident and Injury – injuries not properly treated. | 4 | 7 | 28 | Players to buy hockey memberships.  Matches should be played following the league and national governing body rules.  First aid training completed by team captains.  First aid kit on hand. | 2 | 5 | 10 |  |
| H – Exercise  HE – Incorrectly performed move.  C – Slips, trips and falls. | 4 | 4 | 16 | Coaches to correct incorrectly performed play.  Ample practice allowed.  First aid kit on hand. | 2 | 4 | 8 |  |
| H – Exercise  HE – Trainings too demanding  C - Exhaustion | 5 | 3 | 15 | Ample breaks.  Players informed they do not have to do anything above their ability.  First aid kit on hand. | 2 | 3 | 6 |  |
| H – Spectators  HE – Standing by the pitch.  C – Injury from players running/balls ext. | 6 | 6 | 36 | Spectators informed to sit in dugouts. If too many spectators - then all instructed to stand outside of the cage. | 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  Only students who have passed the SU Midas theory and practical tests should drive the SU 9 seater. | 2 | 7 | 14 |  |
| H – Match travel via train  HE – Accidents, lost, delayed  C – Injury, distress | 2 | 3 | 6 | SU Sports Staff to provide tickets and route plan to the team captain. Captain encouraged to stay up to date with latest travel updates.  Group to stay together and all return back to Essex safely.  Passengers should not distract driver or obscure exits. Students to carry panic alarms. These are available from SU Reception. | 1 | 3 | 3 |  |
| H – Match travel via coach, minibus, car ext.  HE – Traffic accident  C – Accident and Injury | 4 | 4 | 16 | SU Sports Staff to make bookings with registered travel companies. External companies provide qualified and insured drivers. Passengers should not distract driver or obscure exits.  Seatbelts to be worn at all times  Strictly no alcohol consumed on coaches.  Inform the driver if you feel unsafe. | 2 | 4 | 8 |  |

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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** | **N.wright** | **Date: 10.10.22** |
| **Signed Checked By** | **Rob Neale** | **Date: 25/01/23** |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
|  | Buy additional supplies for first aid kit. | **Jasmine Vincent (President)** | **12th October** |  |  |
|  | Social media post about what to bring to trainings. | **Neive Wright**  **(Welfare)** |  |  |  |
|  | Ensure all players have a blades and hockey membership for insurance against injury. | **All exec to encourage this.** | **12th October** |  |  |
|  | Ask all members before first match day to disclose any pre-existing injury/mental health issue/medical condition. This is not compulsory, but may help to safeguard our members. | **Neive Wright**  **(Welfare)** | **12th October** |  |  |
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