**Women’s football matches**

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| Location: | Pitches, Colchester campus |
| Assessor: | Niamh Kellett |
| Persons at risk: | Coach, 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 |
| H – playing surfaceHE – surface not safe to play onC – musculoskeletal injury | 4 | 5 | 20 | Ensure pitches are safe, and any holes have been filled in.University of Essex Grounds Team are ultimately responsible for the condition of the training grids. If they are deemed unsuitable to play on by the Grounds Team, SU Activities Team will inform the club whose sessions will be cancelled. | 2 | 5 | 10 |  |
| H – Excessive rainHE – floodingC – musculoskeletal injury | 3 | 4 | 12 | Grounds team in conjunction with Jonny Lowdell will determine if a pitch is deemed unfit to play on and will notify SU Activities Team if this is the case who will in turn in form any affected teams. Matches won’t go ahead if pitch is not fit to play on. If the state of a pitch deteriorates during a match, the ref has overall responsibility for player welfare and has the right to cancel a match.  | 2 | 4 | 8 |  |
| H – footballHE – hitting spectator or playerC – injury | 3 | 4 | 12 | Ensure spectators are stood far back enough. First aiders on site if anyone requires medical attention.  | 2 | 4 | 8 |  |
| H – spectatorsHE – spectators running onto pitchC – injuries to players through player spectator clashes | 2 | 3 | 6 | Make sure spectators stand far back from the pitch. Ropes put in place by grounds team if deemed necessary and spectators stand behind ropes. Security contacted if necessary to remove any spectator from the field of play.  | 2 | 2 | 4 |  |
| H –Travel to away gamesHE – Not wearing seatbeltsC – injuries including whiplash | 3 | 5 | 15 | Players wear seatbelts when travelling on minibus/coach. | 2 | 5 | 10 |  |
| H – Individual personHE – Person being mugged whilst alone in a cityC – 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- DriverHE – Long journey to/from venue causing exhaustionC – accident | 4 | 6 | 24 | The club ensures that the driver does not drive more than 2hours More than one driver required in the car | 3 | 6 | 18 |  |
| 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. |
| 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. | 2 | 6 | 12 |  |
| H JewelleryHE 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) Participating in training/matches(HE) Head collisions between players or between players and floor(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 |  |

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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** |  | **Date:** |
| **Signed Checked By** | **Rob Neale** | **Date: 05/12/22** |

**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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