**University of Essex Women’s Rugby Club**

Training and competition

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| Location: | Grass Grids and Rugby pitches |
| Assessor: | Jessica Scrace and Megan Harris |
| 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) | If player presents with covid 19 after training or match. We will urge players to test for covid. Along with asking the player with covid not to return to training till covid free, we will also check on them throughout their time of isolation. |
| H- Contact play  HE- Tackling and scrimmage  C - Poor tackling technique could result in a more serious injury such as concussion | 4 | 5 | 20 | Training provided is designed to improve level of rugby in a safe manner.  All members of the club are coached correctly (by qualified coaches) in the most important areas of contact.  Players who are less confident are coached until they are ready to partake in the heavy contact. | 2 | 5 | 10 | Along with tailored training for contact, we will also have trained first aiders to deal with any injuries. |
| 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 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/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 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 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.  On matchdays water is provided by coach/captain for players to drink from if they don’t have their own. | 2 | 4 | 8 |  |
| H **-** faulty equipment  HE – contact with faulty equipment  C – injury to players | 3 | 4 | 12  (medium) | President or Coach, 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.  President or Coach 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 | 4 | 4 | If any equipment like tackle pads is deemed faulty. They will be decommissioned there and then. And an order will be put in, to replace them. |
| H – Playing surfaces  HE – trips and falls. Uneven playing surfaces causing trips, falls and hard and soft surfaces causing injuries for players  C – Cuts, bruises, sprained joints | 3 | 4 | 12 | Coach/president/captain to check training surface beforehand and remove any objects which might pose a trip hazard.  Pitches are to be maintained by ground staff and cancel fixtures if ground is deemed unsuitable to play on.  The decision to cancel training or matches will be made by ground staff in conjunction Jonny Lowdell General Manager at Essex Sport. | 1 | 1 | 1  (low) | Coach/president/captain to ensure nothing is left on any surfaces used after use.  Constant communication with the ground’s team. |
| H Intoxication  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/won’t be allowed to play in matches. | 1 | 1 | 1 |  |
| (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** | **Jessica Scrace and Megan Harris** | **Date:14/10/2022** |
| **Signed Checked By** | **Rob Neale** | **Date: 30/11/2022** |

**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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