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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **SUMS Athenas** | | **Date** | **16/10/2023** |
| **Unit/Faculty/Directorate** | **SUSU (IM)** | **Assessor** | **Rowan Deininger-Smith (VP)** | |
| **Line Manager/Supervisor** | **Maddie Verdin (President)** | **Signed off** |  | |
| **Club or Team Information** | SUMS Athenas is an intramural netball society in third division. Our team trains on the netball courts at Wide Lane once a week and competes in matches at Wide Lane or Jubilee Sports Hall against other third division intramural teams. | | | |



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| ***PART A*** | | | | | | | | | | |
| **(1) Risk identification** | | | **(2) Risk assessment** | | | | **(3) Risk management** | | | |
| **Hazard** | **Potential Consequences** | **Who might be harmed**  **(user; those nearby; those in the vicinity; members of the public)** | **Inherent** | | |  | **Residual** | | | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |
| Players falling over | Minor sports injuries (e.g. minor cuts, bruises)  Major injuries (e.g. broken bones, dislocation, sprains, torn muscles, serious cuts and bruises) | User/ members of team nearby | **3** | **3** | **9** | For minor injuries, injured players are treated using a first aid kit. For major injuries, a first aider is called from Wide Lane or the emergency services if the incident is very serious. | **3** | **2** | **6** | Train players to be more aware of their surroundings to prevent injuries. |
| Players harming each other (running into each other, hitting each other, foul play) | Minor sports injuries (e.g. minor cuts, bruises)  Major injuries (e.g. broken bones, dislocation, sprains, torn muscles, serious cuts and bruises) | User/ members of team nearby | **3** | **3** | **9** | For minor injuries, injured players are treated using a first aid kit. For major injuries, a first aider is called from Wide Lane or the emergency services if the incident is very serious. | **2** | **3** | **6** | Train players to be more aware of their surroundings to prevent injuries. Players should be made aware that foul or dangerous play will not be tolerated. |
| Long nails, jewelry | Players getting cut, skin getting ripped | User/ members of team nearby | **3** | **3** | **9** | Players are told not to have long nails and remove all jewelry | **1** | **3** | **3** | All players should be checked for long nails and jewelry before gameplay |
| Glasses | Players getting injured if anything hits their face | User/ members of team nearby | **3** | **3** | **9** | Players with glasses are encouraged to wear contacts or protective goggles instead of glasses |  |  |  |  |
| Netball equipment | Injuries may occur from e.g., unstable netball posts, tripping over balls rolled onto court | User/ members of team nearby | **2** | **3** | **6** | Suitable training on how to use equipment and regular checks to ensure no faults. Ensure that Wide Lane staff are aware of any faults to netball posts or lack of  lighting etc. | **2** | **2** | **4** | Train players to be more aware of their surroundings to prevent injuries. |
| Hot weather | Dehydration, exhaustion sun stroke | User/ members of team nearby | **2** | **4** | **8** | All players are told to bring water bottles to training and matches. All players have the right to break or leave if they are feeling tired. | **1** | **4** | **4** | Bring spare water bottles on hot days |
| Rain, snow, hail | Wet conditions can make slippery courts and loose tarmac can be slip hazards | User/ members of team nearby | **2** | **3** | **6** | Routinely check weather reports and reschedule training or matches in poor weather. |  |  |  |  |
| Fog | Low visibility on the court can mean players are more likely to get injured | User/ members of team nearby | **1** | **3** | **3** | Routinely check weather reports and reschedule training or matches in poor weather |  |  |  |  |
| Player has previous injury or pre-existing health condition | Injuries or accidents may occur | User/ members of team nearby | **2** | **4** | **8** | Members are responsible for mitigating their own risk and should monitor any progression or  changes. | **1** | **4** | **4** | Monitor any members with conditions, and ensure they are only playing when suitable |
| Player has poor mental health | Their mental health may affect their day-to-day activities | User/ members of team nearby | **2** | **5** | **10** | Members are free to talk about their mental health with any of the committee. The committee can refer members to help services. No player is made to take part in society events if they are unfit. | **1** | **3** | **3** | Regularly remind players of help services available. |
| Danger or discomfort during socials | Members getting harmed or made to feel uncomfortable | User/ members of team nearby | **3** | **5** | **15** | SUMS Athenas does not engage in pressuring our members to do anything they are uncomfortable with. Members are encouraged not to walk home alone at night and to stick together at social events for the safety of the group. During emergencies, the emergency services will be called. | **2** | **5** | **10** | Members should be encouraged to watch their drinks and be careful around strangers. |
| Inappropriate kit worn to training or matches | Trip hazards, blisters, players overheating or getting cold | User/ members of team nearby | **3** | **2** | **6** | Players can’t take part in our training or matches if they are dressed dangerously. Players are made aware of the weather and encouraged to dress appropriately. Players have the right to take breaks whenever they like. Injured players are treated with first aid or the emergency services are called if serious. | **2** | **2** | **4** | Suitable training kit for the team is being made. |
| Disagreements between team members, umpires, or other teams | Tension with the team or between teams | User/ members of team nearby | **2** | **2** | **4** | Hostility towards others is not tolerated. Disagreements are handled kindly. |  |  |  |  |

***PART B – Action Plan***

**Risk Assessment Action Plan**

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| **Part**  **no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | **Review**  **date** | **Outcome at review date** |
| 1 | Train players to be more aware of their surroundings to prevent injuries. Players should be made aware that foul or dangerous play will not be tolerated. | Aimee Garlick | 15/12/23 | 12/01/23 |  |
| 2 | All players should be checked for long nails and jewelry before gameplay | Madeleine Verdin | 15/12/23 | 12/01/23 |  |
| 3 | Bring spare water bottles on hot days | Rowan Deininger-Smith | 27/04/23 | 07/07/23 |  |
| 4 | Members should be encouraged to watch their drinks and be careful around strangers. | Gabriella Deevoy | 15/12/23 | 12/01/23 |  |
| 5 | Suitable training kit for the team is being made. | Sophie Stratton | 15/12/23 | 12/01/23 |  |
| 6 | Regularly remind players of help services available. | All committee | 15/12/23 | 12/01/23 |  |

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| Responsible manager’s signature: | | | Responsible manager’s signature: |  |
| Print name: Rowan Deininger-Smith |  | Date:15/09/2023 | Print name: | Date |

**Assessment Guidance**

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| 1. Eliminate | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why | 1 |
| 2. Substitute | Replace the hazard with one less hazardous | If not possible then explain why | 2 |
| 3. Physical controls | Examples: enclosure, fume cupboard, glove  box | Likely to still require admin controls as well | 3 |
| 4. Admin controls | Examples: training, supervision, signage |  | 4 |
| 5. Personal protection | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |  |
|  |  |  | 5 |

Risk process

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| Impact | | Health & Safety |
| 1 | Trivial -  insignificant | Very minor injuries e.g. slight  bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-  administered. |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical  support. |
| 4 | Major | Injuries or illness e.g. broken bone requiring medical support >24  hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off  work. |

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|  | 5 | 5 | 10 | 15 | 20 | 25 |
|  | 4 | 4 | 8 | 12 | 16 | 20 |
| **LIKELIHOOD** |  |
| 3 | 3 | 6 | 9 | 12 | 15 |
|  | 2 | 4 | 6 | 8 | 10 |
|  | 2 |
|  | 1 | 1 | 2 | 3 | 4 | 5 |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  |  |  | **IMPACT** |  |  |

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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| Likelihood | |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |