

Club / Society: Women's Rugby
Event / Activity: Core Activity (Training / BUCS Fixtures)
Date of Activity: N/A (Weekly Training)
RA Completed By: Karl Swales

Location of Event / Activity: YSJU Sports Park (3G)
Date of Risk Assessment: Thursday 7th June 2016
RA Verified By (SU Use Only):

| Hazard | Who May be Harmed? | Risk Score (without EC) | Existing Controls (EC) | Risk Score (with EC) |
|---|---|-------------------------|--|----------------------|
| Trips / Slips / Falls / Collisions with Other Players | Players / Session Participants / Observers in the Crowd / Match Officials / Coaches | 10 | <ul style="list-style-type: none"> ▪ All training sessions are delivered by a coach who holds at least UKCC Level 1 Rugby Union ▪ Immediate first aid provision can be given to injured participants by club members / staff at YSJU Sports Park ▪ Participants are informed and advised on correct footwear / clothing (participants without correct clothing / equipment are asked not to participate) ▪ Sessions are abandoned in adverse weather conditions ▪ Pitch inspection is completed prior to training / matches ▪ Committee aware of how to call First Aid | 3 |
| Muscle Strains / Bruising / Cuts / Bleeding | Players / Session Participants / Match Officials | 10 | <ul style="list-style-type: none"> ▪ All participants / players must engage with an appropriate warm-up prior to training / competitive BUCS fixtures ▪ Players / participants suffering from muscle strains / bruising / cuts are immediately given the appropriate first aid provision ▪ Any player suffering severe injury in game must seek further medical attention | 3 |
| Dislocation / Broken Bones | Players / Session Participants / Match Officials | 10 | <ul style="list-style-type: none"> ▪ Contact emergency services (999) and YSJ-Active staff present at the facility immediately ▪ First aiders / Pitchside Physio to perform initial first aid treatment at fixtures ▪ Ensure a member of the team / YSJ-Active Staff / SU Staff is ready to meet the ambulance / paramedics on their arrival at YSJU Sports Park | 3 |

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| Head / Spinal Injury | Players / Session Participants / Match Officials | 20 | <ul style="list-style-type: none"> ▪ If an individual is suspected to have suffered from a spinal / head injury the individual must NOT be moved ▪ Emergency services (999) and YSJ-Active staff present at the facility must be notified immediately ▪ Ensure a member of the team / YSJ-Active Staff / SU Staff is ready to meet the ambulance / paramedics on their arrival at YSJU Sports Park | 5 |
| Poor Quality Coaching | Players / Session Participants | 15 | <ul style="list-style-type: none"> ▪ All individuals delivering sessions are required to have at least UKCC Level 1 Rugby Union. This must be documented and kept on file at the Students' Union ▪ All coaches are advised to engage in continued professional development (CPD) | 3 |
| Poor Pitch Quality / Maintenance | Players / Session Participants / Match Officials | 10 | <ul style="list-style-type: none"> ▪ Before use ground staff / YSJ-Active should complete a pitch inspection removing any harmful / foreign objects from the pitch / surrounding area ▪ Students' Union / YSJ-Active will advise when the pitch is unplayable due to adverse weather conditions and / or the quality of the pitch | 3 |
| Tackling / Player to Player Contact | Players / Session Participants | 20 | <ul style="list-style-type: none"> ▪ Coaches are to ensure all players (beginner / experienced) are able to perform effective and safe tackling before putting it into a drill / game situation ▪ Players are encouraged to wear shoulder pads / gum shields when engaging in contact in training and during competitive fixtures ▪ All session participants must complete a thorough warm up prior to training / fixtures to help reduce the chance of injury ▪ The level of intensity (of contact) should be reduced in training if players are heavily fatigued ▪ Any player carrying an injury / recovering from injury must not engage in heavy contact until fully recovered | 5 |
| Goalposts / Corner Flags | Players / Session Participants / Match Officials | 15 | <ul style="list-style-type: none"> ▪ YSJ-Active are to ensure that post protectors are placed and secured around each post prior to fixtures ▪ Corner flags should not have metal bases, they should be flexible enough so that players do not incur injury if contact is made | 5 |

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|---|--|----|--|---|
| Sharp Studs / Incorrect Footwear | Players / Session Participants / Match Officials / Coaches | 5 | <ul style="list-style-type: none"> ▪ Players / session participants must wear footwear advised by YJSU / YSJ-Active on different playing surfaces and in the fitness suite ▪ Before each competitive fixtures referees will check each players boots to ensure the studs are suitable and safe ▪ Individuals opting to wear screw in studs are advised to regularly tighten studs | 1 |
| Inexperienced Players (Beginners) | Inexperienced Players Participating in Sessions | 5 | <ul style="list-style-type: none"> ▪ All players new to the game must be shown basic technique of a variety of skills to reduce chance of incurring and injury during training / competitive fixtures ▪ Beginner players are encouraged to engage in training with other inexperienced / beginner players | 1 |
| Travelling to Away BUCS Fixtures | Team / Individuals Playing in BUCS | 10 | <ul style="list-style-type: none"> ▪ BUCS fixtures will ideally be travelled to on a coach instead of in players cars, this reduces the chance of getting lost and if a player suffers an injury during a game players could be stranded if he is the designated driver ▪ Whilst travelling to fixtures, players must respect the bus driver and travel safely (seatbelt / remaining seated whilst the bus is travelling / no alcohol) ▪ In the instance the team has to travel by car to fixtures, each car must remain in contact with the Students Union, informing them when they have arrived at / returned from the fixture | 3 |
| Scrummaging | Forwards | 20 | <ul style="list-style-type: none"> ▪ All forwards must be trained by an individual holding a minimum of UKCC Level 1 Rugby Union and RFU Scrum Factory Certification ▪ Backs / untrained players must not scrummage until properly trained ▪ In the event that there is not enough forwards who have undergone training playing a BUCS fixture, it must be okayed with the ref for uncontested scrums | 5 |

Risk Assessment Severity and Likelihood Matrix

| | | Severity | | | | | |
|------------|---|---|---|--|--|--------------------------|--------------------------|
| | | Minor injuries or discomfort, no medical treatment or measurable physical effects | Injuries of illness requiring medical treatment, temporary impairment | Injuries or illness requiring hospital admission | Injury of illness requiring hospital admission, injury resulting in permanent impairment | Fatality | |
| | | Not Significant (Severity = 1) | Minor (Severity = 2) | Moderate (Severity = 3) | Major (Severity = 4) | Severe (Severity = 5) | |
| Likelihood | Expected to occur regularly under normal circumstance | Almost Certain (Likelihood = 5) | Medium (Risk = 5) | High (Risk = 10) | Very High (Risk = 15) | Very High (Risk = 20) | Very High (Risk = 25) |
| | Expected to occur at some time | Likely (Likelihood = 4) | Medium (Risk = 4) | High (Risk = 8) | High (Risk = 12) | Very High (Risk = 16) | Very High (Risk = 20) |
| | May occur at some time | Possible (Likelihood = 3) | Low (Risk = 3) | Medium (Risk = 6) | High (Risk = 9) | High (Risk = 12) | Very High (Risk = 15) |
| | Not likely to occur in normal circumstances | Unlikely (Likelihood = 2) | Low (Risk = 2) | Low (Risk = 4) | Medium (Risk = 6) | Medium (Risk = 8) | High (Risk = 10) |
| | Could happen but probably never will | Rare (Likelihood = 1) | Low (Risk = 1) | Low (Risk = 2) | Low (Risk = 3) | Low (Risk = 4) | Medium (Risk = 5) |

Please note that this risk assessment has been completed using the above matrix to calculate severity, likelihood and overall risk scores.

If you have any questions in regards to the completion of your risk assessment please contact k.swales@yorksj.ac.uk (Sport) or v.firth1@yorksj.ac.uk (Societies)