

<b>Risk Assessment: Cambridge University Australian Rules Football Club</b>	<b>Date: 24/04/23</b>	<b>Review Date: 24/05/24</b>

**This risk assessment covers the twice weekly training of the Aussie Rules club on both grass and astroturf, along with the risks involved with playing matches/tournaments. The risks involved with travel to and from said matches/tournaments are also included.**

<b>Significant hazards</b>	<b>What could go wrong</b>	<b>Risk level (High, Medium or Low)</b>	<b>Existing control measures</b>	<b>Further actions</b>
<p><b>Participant, spectator, coach, volunteer, officials, alumni behavior/conduct</b></p> <p>Relates to anyone connected to the club</p>	<p>Physical or psychological injury or mental health problems caused by: aggressive or violent behavior, poor practice, rule violations, harassment or bullying.</p>	Low	<ul style="list-style-type: none"> <li>• Laws of the sport</li> <li>• Code of conduct, health and safety, welfare and safeguarding policies and disciplinary procedures in place.</li> <li>• Appropriately experienced and/or qualified coaches/session leaders in place for the level of participant.</li> <li>• Appropriately experienced and/or qualified officials fo rin place for the level of competition.</li> </ul>	<p>Annual Club handover ensure clear understanding of Club governance and oversight from the University.</p> <p>Ensure Club members sign up to Club policies annually.</p> <p>Spectator policies clearly displayed on website.</p>
<p><b>Equipment Relates to any equipment required to take part safely in your activity either owned by club or facility/ground</b></p>	<p>Personal injury caused by:                      Injury caused by the tackle bag breaking                      Lack of appropriate equipment                      Poor storage                      Theft                      Misuse equipment</p>	Low	<ul style="list-style-type: none"> <li>• Adhere to National Governing Body and/or statutory standards for equipment purchases.</li> <li>• Club management of asset list and knowledge of condition and replacement timelines</li> <li>• Rules of the sport are followed and appropriate oversight of activity at all times</li> <li>• Clarity on ownership and responsibility for personal equipment e.g. riding helmet</li> <li>• Remove unsafe equipment from use and appropriate, safe disposal</li> </ul>	<p>Annually update asset list                      Annually review any changes to NGB/Statutory requirements</p>

			<ul style="list-style-type: none"> <li>• Appropriate equipment checks, inspections and service regime</li> <li>• Good housekeeping and appropriate, secure storage provision</li> <li>• Club to insert further detail, e.g. maintenance schedules</li> </ul>	
<p><b>Management of Injuries, illness and infections</b></p> <p>Relates to injuries/illness/infection occurred in activity and outside of the sport and returning to the activity</p>	<p>Worsen the injury/illness/infections</p> <p>Spreading the injury/illness/infections</p> <p>Cause secondary injuries/illness/infection</p>	Low	<ul style="list-style-type: none"> <li>• Collection of athlete medical information with appropriate guidance to athletes. Medical information is made available to session leaders, captains and coaches as appropriate.</li> <li>• Appropriate supervised training plan</li> <li>• Access to First Aid provision</li> <li>• Quarantine/exclusion period</li> <li>• Appropriate medical support available</li> <li>• Return to activity guidance</li> <li>• Team selection policy includes fitness to play.</li> <li>• Personal injury insurance</li> <li>• Refer to Welfare@Sport for further guidance</li> </ul>	<p>Sports specific checks/medical requirements adhered to</p> <p>Keep a list of all players' injuries and advise them to training and at matches how to manage the injury so not to worsen it</p>
<p><b>Travel Related to any club related travel (including individuals/teams) to and from fixtures, training and/or events.</b></p> <p>NB: A separate risk assessment with be required for trips and tours.</p>	<p>Driven Transport</p> <p>Road traffic accident</p> <p>Getting lost</p> <p>Antisocial behavior</p> <p>Breakdown</p> <p>Vehicle unsafe to drive</p> <p>Self-Drive</p> <p>Road traffic accident</p> <p>Getting lost</p> <p>Antisocial behavior</p> <p>Breakdown</p> <p>Vehicle unsafe to drive</p>	Low	<ul style="list-style-type: none"> <li>• Use the Sports Service coordinated transport</li> <li>• Correct and appropriate storage of equipment</li> <li>• Code of conduct in place</li> <li>• Appropriate insurance is in place</li> </ul> <ul style="list-style-type: none"> <li>• Vehicle used must be in good working order with recorded service history.</li> <li>• Suitably qualified and experience driver</li> <li>• Sufficient time provided for trip with adequate rest breaks.</li> <li>• Appropriate insurance and breakdown cover</li> <li>• Code of conduct in place</li> <li>• Appropriately sized and maintained vehicle</li> <li>• Contingency measures in place to cover driver injury or fatigue</li> </ul>	


<b>Training and Competition Program</b>	Physical or psychological Injury or mental health problems caused by: Poorly planned and managed activities Overtraining Dehydration Fatigue and/or lack of sleep Poor coaching practice Inappropriate facilities	Low	<ul style="list-style-type: none"> <li>• Training frequency and intensity appropriate to the level of participants, nature of activity, individual circumstances and other conditions. e.g. weather.</li> <li>• Complete induction and training for new members</li> <li>• Ensure qualified, experienced coaches are available for activity when required or appropriately experienced session leaders</li> <li>• Sufficient breaks given for hydrating and consuming food if needed.</li> <li>• Club selection policy is appropriate to the sport and University environment.</li> <li>• Club welfare policy and officers in place</li> </ul>	
<b>Environmental – Field/Astroturf</b>	Physical Injury/illness caused by: Slips, trips, falls. Unsafe equipment/play surface Uneven surfaces and debris Other users Spectators/bystanders Adverse or extreme weather conditions	Low	<ul style="list-style-type: none"> <li>• Pre start checks of playing surface, surrounding area and equipment undertaken by suitably experienced/qualified person</li> <li>• Checking for obstacles and contamination (e.g. water)</li> <li>• Light appropriate for activity</li> <li>• Appropriate clothing and footwear</li> <li>• Ensure area is clear before commencing session</li> <li>• Appropriate rules/procedures in place for postpone/cancel match, if required</li> <li>• Dynamic risk assessment completed prior to session and reviewed as necessary throughout session</li> <li>• Spectators/bystanders are separated from activity and/or warning signs/sounds in place</li> </ul>	Contingency planning for adverse weather
<b>Catering (supplied)</b>	Food poisoning  Allergen reaction	Low	<ul style="list-style-type: none"> <li>• Use University preferred supplier where possible</li> <li>• Personal hygiene maintained for all persons coming into contact with catering</li> <li>• Appropriate storage of food (containers, labels, dates, refrigeration)</li> <li>• Correct food handling procures High risk foods kept apart</li> <li>• Surfaces cleaned prior to any food supply</li> </ul>	Avoid the use of foods that require refrigeration if safe temperatures cannot be maintained.

			<ul style="list-style-type: none"> <li>• Adequate refuse provision for food waste</li> <li>• Allergen information is displayed</li> <li>• Organisers have appropriate awareness of ingredients in foodstuffs.</li> </ul>	
<b>Concussion</b>	Head injury/ concussion caused on or off the field of play.	Medium	<ul style="list-style-type: none"> <li>• Club follows AFL guidance related to concussion. This includes both immediate treatment of injury, ongoing monitoring of condition and appropriate time/phasing of return to sport.</li> <li>• Club Welfare Policy and Officers in place to signpost</li> <li>• athletes to support systems if needed</li> </ul>	Link to <a href="#">AFL Guidance Concussion</a> or Sports Service Concussion Guidance Welfare Policy and Club website.
<b>Social Activities and Alcohol</b>	Physical Injury or illness, damage to property or equipment.	Low	<ul style="list-style-type: none"> <li>• Code of Conduct and Disciplinary procedures in place</li> <li>• If an individual turns up to train or compete having been drinking or clearly suffering from the effects of a night out, they will not be permitted to participate in sporting activities.</li> <li>• The club will provide non-alcoholic drink options and access to food as part of their social activities.</li> <li>• The club will not pressure anyone to take part or pass any form of initiation as part of their membership of the Club.</li> <li>• Social activities will not involve, or promote, unsafe, illegal, degrading or anti-social behaviour or be based on the excessive consumption of alcohol.</li> <li>• Anyone who does drink to excess will be supported in returning to their college or residence and someone, who has not been drinking and can monitor their wellbeing, will be informed of their condition.</li> <li>• Club Welfare Policy and Officers in place to signpost athletes to support systems if needed.</li> </ul>	


**EMERGENCY PROCEDURES**

Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding): -

**ASSESSOR**

<b>Name of assessor:</b>	<b>Signature:</b>	<b>Date</b>	<b>Name of Supervisor:</b>	<b>Signature:</b>	<b>Date</b>
Muireann de H-Óra	Muireann de h-Óra	28/06/2023	Oliver Reed		28/06/2023

**REVIEW DATES**

<b>Reviewed by (name)</b>	<b>Signature</b>	<b>Date</b>	<b>Indicate changes here</b>
Oliver Reed		14/04/2024	Risk levels added