

Risk Assessment for Elite SF Sport Sessions

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Review Date: 02/04/2025

Location: Multiple different venues

Hazard Identification and Risk Analysis

1. Physical Injury (Coaches and Children)

- **Hazard:** Physical injuries such as sprains, strains, fractures, concussions, grazes, cuts and bruises due to the nature of sport activities.
- **Who is at risk:** Coaches, children.
- **Risk Control Measures:**
 - Ensure warm-up and cool-down routines are in place.
 - Coaches should be trained in first aid and CPR.
 - Proper supervision during all activities.
 - Age-appropriate and skill-appropriate drills.
 - Use of correct and safe equipment.
 - Immediate medical assistance available.

2. Equipment-related Injuries (Coaches and Children)

- **Hazard:** Injuries due to faulty or inadequate sports equipment (balls, cones, nets, etc.).
- **Who is at risk:** Coaches, children.
- **Risk Control Measures:**
 - Regular equipment inspection before and after sessions.
 - Ensure all equipment meets safety standards.
 - Replace any damaged or worn-out equipment immediately.
 - Ensure proper usage of equipment (e.g., no rough handling or misuse).

3. Weather Conditions (Coaches and Children)

- **Hazard:** Adverse weather conditions (heat, cold, rain, etc.) leading to heatstroke, dehydration, or hypothermia.
- **Who is at risk:** Coaches, children.
- **Risk Control Measures:**

- Monitor weather conditions before and during sessions.
- Adjust training schedule to avoid extreme weather (e.g., reschedule or move indoors if necessary).
- Provide plenty of water breaks, especially during hot weather.
- Ensure children are dressed appropriately for weather conditions.
- Educate on the importance of hydration and sun protection (e.g., sunscreen, hats).

4. Child Behaviour and Supervision (Children)

- **Hazard:** Inappropriate behaviour or lack of attention leading to accidents or conflicts.
- **Who is at risk:** Children.
- **Risk Control Measures:**
 - Ensure adequate adult-to-child supervision ratio (recommend 1 coach per 8-12 children, depending on age group).
 - Establish clear rules and boundaries for behaviour.
 - Use positive reinforcement techniques to encourage good behaviour.
 - Regular monitoring of children during breaks and activities.

5. Health Conditions (Coaches and Children)

- **Hazard:** Existing health conditions or disabilities may lead to risks during physical activity.
- **Who is at risk:** Coaches, children with pre-existing medical conditions.
- **Risk Control Measures:**
 - Obtain medical history forms for children to identify any medical conditions.
 - Coaches should be aware of any child's health concerns, including asthma, allergies, or heart conditions.
 - Adjust training to accommodate any special needs (e.g., provide additional rest or modified exercises).
 - Encourage children to inform the coach if they feel unwell or fatigued during activities.

6. Safeguarding and Child Protection (Children)

- **Hazard:** Risk of inappropriate behaviour or breach of safeguarding guidelines.
- **Who is at risk:** Children.
- **Risk Control Measures:**

- Coaches and staff must have up-to-date safeguarding and child protection training.
- Ensure there is a designated safeguarding officer on-site.
- Clear guidelines for parental consent forms and emergency contact information.
- Regularly review safeguarding protocols and ensure compliance.

7. Slips, Trips, and Falls (Coaches and Children)

- **Hazard:** Slippery or uneven surfaces leading to slips, trips, and falls.
- **Who is at risk:** Coaches, children.
- **Risk Control Measures:**
 - Ensure the sports area is free from hazards (e.g., no litter, wet spots, or obstructions).
 - Mark any areas that are uneven or have temporary hazards (e.g., wet floor).
 - Encourage children and coaches to wear proper footwear (sports shoes with good grip).
 - Regularly inspect the facility for potential hazards.

Likelihood and Severity Assessment

Hazard	Likelihood (1-5)	Severity (1-5)	Risk Rating (Likelihood x Severity)	Action Required
Physical Injury (Coaches/Children)	3	4	12	Ensure proper supervision, warm-ups, and safety equipment.
Equipment-related Injuries (Coaches/Children)	2	3	6	Regular equipment checks, proper handling.
Weather Conditions (Coaches/Children)	3	4	12	Monitor weather, adjust plans, provide hydration.
Child Behaviour and Supervision	2	3	6	Ensure proper supervision, establish behaviour rules.

Hazard	Likelihood (1-5)	Severity (1-5)	Risk Rating (Likelihood x Severity)	Action Required
Health Conditions (Coaches/Children)	2	5	10	Collect medical forms, adapt activities as needed.
Safeguarding and Child Protection	1	5	5	Train staff in safeguarding, maintain clear guidelines.
Slips, Trips, and Falls (Coaches/Children)	3	3	9	Regular inspections, maintain safe surfaces.

Additional Notes and Recommendations

- Ensure a clear communication channel between coaches, children, and parents for any potential issues or concerns.
- Coaches should have a fully stocked first aid kit, with specific attention to sports-related injuries (e.g., ice packs, bandages).
- All coaches should be familiar with emergency procedures, including the nearest hospital or medical facility.
- Consider periodic training for both children and coaches on injury prevention and response.

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