

## Phoenix Lacrosse Club – Risk Assessment

<b>Work/Activity:</b>		
<p><b>Training/Matches</b>                  Lacrosse is a non-contact team sport and will be played on grass or Astro turf pitches. The game involves 2 teams on pitch throwing a solid rubber ball between plastic/carbon composite/metal sticks with the purpose being to get the ball in the other team's goal. Training involves running various drills and playing matches. Matches take place predominantly on grass pitches. Training takes place on Astro turf or grass pitches.</p>		
Department/Club: <b>Phoenix Lacrosse Club</b>	Risk Assessment Produced by: <b>Helen Maclean (Club Welfare and Safeguarding Officer) in conjunction with Club Chair, Lead Coach and Logistics Officer.</b>	Contact: <b>welfare@phoenixlax.co.uk</b>
Guidance/standards/Reference documents:	Competence requirements:	
<b>Use of template provided by England Lacrosse Safeguarding Lead</b>	Role:	Skills, experience or qualifications
	<b>Lead Coach</b>	<b>England Lacrosse - Level 2 Field qualification</b>
Associated documents:  <b>Refer also to the following documents:</b> <b>Phoenix Lacrosse Club Safeguarding Policy</b> <b>Phoenix Lacrosse Club Safeguarding and Protecting Young People Commitment</b> <b>Recognizing Poor Practice and Abuse – Phoenix Lacrosse Club</b> <b>Phoenix Lacrosse Club Safeguarding Reporting Procedures</b>  Available via <a href="http://www.phoenixlax.co.uk">www.phoenixlax.co.uk</a> or via <a href="mailto:welfare@phoenixlax.co.uk">welfare@phoenixlax.co.uk</a>		

**Risk Categorisation:**

1 to 2 = low to moderate risk

3 to 4 = high to very high risk

Task	Hazards	Who might be harmed and how	Current control measures	Risk prior to Controls	Additional control measures	Action by whom? - Current and Additional Control Measures	Residual risk	check
General	Inadequate Safeguarding in place	Players (U18)	Club Safeguarding Policy and Procedures are in place (referenced above). Coaches and adult volunteers DBS cleared.	4	None identified	Chair, Coaches, Adult volunteers	1	✓
General	All injuries	Players / coaches / referees / spectators	Coaching staff to be aware of all medical conditions, injuries and allergies of participants. Coach to be familiar with arrangements for first aid and reporting procedures. All coaches are first aid trained.  First Aid kit to be held and kept maintained and entrusted to coaches. Defibrillator available at St Barts reception lobby. All serious accidents will be reported to England Lacrosse Head Office.  Coach to make sure all medication is easily accessible	4		Coaches	1 – 4 depending on severity of injury/ medical implications	✓
"	"	"	"	"	Make coaching staff aware of relevant medical conditions. Provide first aid kit to coaches.	Welfare Officer	1 – 4 depending on severity of injury/ medical implications	✓
Kit, Equipment and Clothing	Injury to players, or spectators from inappropriate or faulty players kit	Players	Jewellery not to be worn, with the exception of earrings which if worn are to be taped. Long hair to be tied back. Footwear to be appropriate to surface (i.e. synthetic or grass) and laces tied. Clothing to be checked free from dangerous projections e.g. buckles, rings, studs	4	Remind players of requirements prior to session and check clothing / footwear.	Coaches	1 – 4 depending on severity of injury/ medical implications	✓
"	"	"	"	"	Email to players reminding them of clothing requirements and no jewellery rule.	Logistics Co-ordinator	"	✓
Running/Changing direction	Trips, falls	Outfield players – Sprains ankles/knees/wrists etc, grazes	Encourage appropriate footwear for weather conditions and playing surface.	3	Email to players reminding them of appropriate footwear.	Logistics Co-ordinator	2	✓

Task	Hazards	Who might be harmed and how	Current control measures	Risk prior to Controls	Additional control measures	Action by whom? - Current and Additional Control Measures	Residual risk	check
"	"	"	Every training/match will have a first aid bag	3	Purchase and include cool compress packs in first aid bag	Welfare Officer	2	✓
General Play	Trips, falls caused by objects on ground	Outfield players – Sprains ankles/knees/wrists etc, grazes	Those in charge of particular session (coaches/referees/captains) will check the surface prior to play for foreign objects that may be hazardous (water bottles/glass/jumpers/equipment/pot holes etc). Every training/match will have a first aid bag	2	See above	Person in charge of session (coach/referee). May be delegated.	2	✓
General Play	Thunderstorms	Any player – Lightning Strike	All play postponed, move everyone inside until weather passed/ cancel session altogether	3	Communicate to players as appropriate	Logistics Co-ordinator	1	✓
Shooting at Goalie	Headshots	Goalie – Concussion, broken nose or jaw, damage to teeth, eye damage	Goalie must be wearing an appropriate specification full head helmet before entering goal circle – helmet to be checked for defects before every use.	4	See below	Lead Coach	2 to 4 (4 if head injury)	✓
"	"	"	Concussion Policy	"	Coach and First Aiders to be familiar with Concussion Policy.	Coaches and First Aiders	"	✓
"	"	"	Every training/match will have a first aid bag	"	Ensure instruction is readily available on what to do in event of concussion (print England Lacrosse Concussion Policy – one page and include in First Aid Kit)	Welfare Officer	"	✓
Shooting at Goalie	Neck shots	Goalie – Collapsed windpipe	Goalie must be wearing a neck guard, separate from or integrated with helmet, before entering goal circle – guard to be checked for defects before every use. Every training/match will have a first aid bag	4	No additional controls identified.	Lead Coach	2	✓
Shooting at Goalie	Upper body shots	Goalie – Cracked ribs, winding, severe bruising, broken fingers	Goalie must be wearing chest/shoulder pads & padded gloves before entering goal circle – to be checked for defects before every use. Every training/match will have a first aid bag	3	No additional controls identified.	Lead Coach	2	✓
Shooting at Goalie	Lower body shots	Goalie - Severe bruising	Use of thigh & shin pads by goalie encouraged although not compulsory – pads to be checked for defects before every use. Every training/match will have a first aid bag	4	No additional controls identified.	Lead Coach	2	✓
General Play	Falls due to bad pitch condition	Any player - Sprains to ankles/knees/wrists etc, grazes	Those in charge of particular session (coaches/referees) will perform their own assessment of pitches upon arrival and will stop the session if pitches are unsatisfactory. Every training/match will have a first aid bag	2	No additional controls identified.	Lead Coach	2	✓
General Play	Lack of Knowledge/Skill	Any player, particularly beginners - chronic injury due to poor technique or training discipline,	Coaches/captains must ensure a full warm up/down performed before/after every session focusing on shoulders and legs as these are where the most common straining injuries occur in lacrosse. Coaches/captains must monitor players to ensure they are not over exerting themselves or using incorrect technique which could lead to injury. All drills must be tailored to the skill levels of those participating.	3	No additional controls identified.	Lead Coach / coaches	2	✓
Shooting	Shots to head, neck, upper body, genitals & lower body	Outfield players, particularly beginners, spectators – Concussion, broken nose or jaw, damage to teeth, eye damage, collapsed windpipe, cracked ribs, winding, severe	Strict rules enforced – no player is to stand directly between goal and the player who has the ball when further than 1 meter away from ball carrier, no player is to shoot if there is a player directly between them and the goal – players found to be shooting dangerously to be removed from the field of play/training. Every training/match will have a first aid bag.  Position goal on marked pitches with adequate/ safe run off distance to	4	Coach to explain rules to players prior to each session that involves shooting. Training of younger year groups / new players to focus on safe passes  See above regarding Concussion Policy.	Lead Coach / coaches	2 to 4 (4 if head injury)	✓

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		bruising, broken fingers, extreme pain, irreversible damage to genitalia	<p>minimise risk to by-standers. Stop practice if anyone walks behind the goal. Position goal close to a fence or erect ball stop net if available. Female players are recommended to wear goggles and it is compulsory to wear mouth guards. Players to collect balls once, all balls have been shot, to reduce risk of accidental injury.</p> <p>Shooting practices involving cuts/ feeds/ movement. Only those in the activity should be in the practice area. Coach to identify key instructions of when the activity starts/ finishes. Technique to be taught in progressive steps to reinforce 'shooting space' and appropriate/ safe shots aligned to rules of the game.</p> <p>All coaches to be aware of concussion protocols.</p>					
General Play	Ball hitting head/face from bad pass, stray sticks accidentally hitting face	Outfield players – Broken nose, damage to teeth, black eyes, concussion	<p>All players to wear a gum shield, passing should be performed in a controlled manner, dangerous propelling of the ball will not be tolerated. Every training/match will have a first aid bag.</p> <p>Only those in the activity should be in the practice area. Coach to identify key instructions of when the activity starts/ finishes. Coaches should manage the activity set up to provide game realistic running angles to manage acceptable and 'legal' body contact. Coaches should manage the use of sticks – call a foul if there is an illegal check. Technique to be taught in progressive steps to reinforce effective technique aligned to rules of the game. Any stray balls should be removed from the practice area.</p> <p>All coaches to be aware of concussion protocols.</p>	4	<p>Coach to explain rules to players prior to each session. Training of younger year groups / new players to focus on safe passes.</p> <p>See above regarding Concussion Policy.</p>	Lead Coach / coaches	2 to 4 (4 if head injury)	✓
"	"	"	"	"	<p>Communication to all players at start of season to remind them gum shields are required and eye shield/goggles are advised.</p> <p>Spare gum shields to be available for players to use.</p>	Logistics Co-ordinator.	"	✓
General Play	Being hit by sticks	Outfield players – Cracked ribs, Small broken bones: Fingers, wrists, nose, teeth etc	Lacrosse is non-contact, no tackling is permitted, overly aggressive players will be removed from field of play if warnings are not heeded. Every training/match will have a first aid bag	3 to 4	<p>Coach to explain rules to players prior to each session.</p> <p>See above.</p>	Lead Coach / coaches	2 to 4 (4 if head injury)	✓
General Play	Collisions between players	Any player – Sprains, concussions, broken bones	Accidental collisions between players are a possibility, little can be done to decrease the chances of this. Every training/match will have a first aid bag	3 to 4	No additional controls identified.	Lead Coach / coaches	2 to 4 (4 if head injury)	✓
General play	Sharp stick butts	Any player - cuts	All stick butts must have a rubber end cap fitted. Every training/match will have a first aid bag	3	Coach to check condition of sticks (including butt end) and kit before play. Use of masking tape at butt end if required.	Lead Coach / coaches (may be delegated)	2	✓
General Play	Cold, freezing and/or wet weather	Any player – Chilblains, Hypothermia	<p>Encourage appropriate clothing for the conditions, thermals, waterproofs, gloves etc.</p> <p>If weather too extreme / pitches dangerous/slippery due to ice then play will be called off.</p>	3	<p>Email to players when cold weather anticipated to remind them of appropriate clothing.</p> <p>Formation of key individuals that live close to the ground to assess and make an</p>	Logistics Co-ordinator.	2	✓

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					onsite assessment. Cancel training/matches as appropriate.			
"	"	"	If a player shows symptoms they must be taken somewhere warm & dry,	"		Coach / First Aider	"	✓
General Play	Hot/Sunny weather	Any player – Sunburn, Heat exhaustion/Heatstroke, Dehydration	Encourage sunscreen use. Make sure players have regular drinks breaks (players must bring their own water in case facilities aren't present) and don't over exert themselves. If a player shows symptoms they should be taken somewhere cool & in shade to recover & rehydrate	3	Email to players to advise them to bring own water for session and to use sunscreen (as appropriate).	Logistics Co-ordinator.	1	✓
General Play	Exhaustion	Any Player – Nausea/vomiting, fainting, muscle strains, low blood sugar	Coaches should monitor the players to ensure they do not over-exert themselves, taking weather conditions into account.	2	Coaches to remind players to let him/her know if they aren't feeling well so they can take time out and recuperate. Have sugar sweets available in first aid bag.	Lead Coach / coaches	1	✓
Walking between Astro Pitch and Wormstall Grass Pitch at St Bart's	Road traffic collision	Any player - Anything from minor injuries, cuts, bruises, to major such as broken bones, loss of limb, death etc	Coaches will remind players to use the pathways (avoiding crossing the car park) and to cross Fifth Road road safely. Year 7/8 to walk in pairs not in large groups. Due to timings of the training sessions and matches (mornings from 9am) visibility should be good so hi-visibility clothing not required. If visibility is poor due to fog or heavy rain, extra caution should be taken (players will be made aware).	4	Coaches to remind players of the hazards from the car park and from roads, prior to moving between locations. Limit movement between pitches when bad weather causes in poor visibility.	Lead Coach / coaches	2 to 4 (depending on severity)	✓
Away game transport: mini-buses	Road traffic accident	Any minibus passenger/driver – Anything from minor injuries, cuts, bruises, whiplash etc to major such as broken bones, loss of limb, death etc	Anyone driving a minibus must be over the age of 21, have held a valid driving license for at least 3 years All passengers must wear seatbelts, playing equipment must be stored safely, passengers must not distract the driver.	4	No additional controls identified.	Logistics Co-ordinator	2 to 4 (depending on severity)	✓
Away game transport: Player owned cars	Road traffic accident	Any car passenger/driver – Anything from minor injuries, cuts, bruises, whiplash etc to major such as broken bones, loss of limb, death etc	Only applicable to players who are able to drive.  All drivers must hold a valid driving license. They must be insured to drive the car and the car must be taxed and fully roadworthy. All passengers must wear seatbelts & not distract the driver. All playing equipment must be stored safely	4	Advise players who drive of requirements.	Logistics Co-ordinator	2 to 4 (depending on severity)	✓
General Play	Pre-existing medical conditions	Any player – Any known pre-existing medical condition that could cause a problem when playing e.g. asthma, diabetes, heart problems, epilepsy etc	All players are asked (via the Club Membership Form) to inform the club of any existing medical condition(s) they suffer from so that the committee are aware and can organise relevant plans of action that will be put into place should an incident relating to said medical condition(s) occur. First Aiders on site will be made aware of any relevant medical conditions.	3	Review membership forms to identify players with medical conditions. Share relevant medical info with coach and first aiders. Ensure appropriate plan of action is in place.	Welfare Officer	2	✓
ELA match fixtures	Injuries to players, 3 <sup>rd</sup> parties, Damage to property caused by Lacrosse matches	Property/ any person near match location - Various	All members participating in official ELA fixtures must be members of the ELA. Members are covered by the ELA's public liability insurance.  This requirement is stated on the Club Membership Form.	2	Prior to any ELA fixture advise players that they require EL membership prior to participating.	Logistics Co-ordinator	1	✓
Use of indoor toilet facilities at St Barts	Fire	Anyone using facilities – Smoke & fire related injuries	St Bart's fire response arrangements should cover this. Year 7/8s using the toilet facilities will be asked to go in twos and will be accompanied by a youth volunteer (age 14 to 16) or DBS cleared adult. They will be reminded to go to the toilet prior to the session (ideally at home).	3	Coach to advise year 7/8 players of the requirements at start of session.	1	Lead coach / coaches	✓

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Moving & Setting up Goals	Manual Handling	Any player - sprains/strains, entrapment and crushing injuries	The goals will be checked over by the lead coach prior to each session (to ensure no sharp edges or damaged sections). Moving of goals will be under the supervision of the lead coach / coaches. Adequate number of staff/volunteers to lift and manoeuvre goals and equipment following correct lifting procedure.	2	No further controls identified.	1	Lead coach / coaches	✓

Reviewed By: Kalama Gohara, Bruce Philp, Zeta John, Alan Moon		
Responsible persons:	E-signature:	Date of e-signature:
Alan Moon (Chair)	A Moon	08/12/23
Kalama Gohara (Lead Coach)	K Gohara	08/12/23