

RISK ASSESSMENT

STEP 1: The Nature of the Activity

Activity

Men's lacrosse – home matches

Brief Description of Activity and Equipment used

Facility: St. John's College pitches
 Equipment: Sticks, balls, goals, helmets, gloves
 Activity: match played at home

STEP 2: List Hazards

1. Warm-up
2. Match
3. Time of Day
4. State of Ground
5. Weather

STEP 3: Assess each Hazard and determine Risk

Hazard 1

Nature of Hazard: Warm-up

Persons at Risk: Players – can sustain injury if proper warm-up not followed

Control Measures:
 1. Team leader to ensure everyone follows an appropriate and thorough warm-up
 2. This to include drills with sticks and balls so that players can 'get their eye in'
 3. Appropriate clothing to be worn

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury					////////////////////
Env / Plant					

Is this risk acceptable ? yes

Hazard 2

Nature of Hazard: Match – tackling, shooting, running, discipline of opposition

Persons at Risk: Players – tackling, balls, lack of fitness; umpires – close to players and ball; spectators – ball and players

Control Measures:
 1. Ensure qualified umpires to control play and to discipline dangerous players
 2. Spectators to be kept off the pitch and to be made aware of the dangers of a loose ball
 3. Team leaders to ensure all players have an appropriate level of fitness to play in a match and to bring enough substitutes in case of injury or exhaustion
 4. First aid kit and trained first aiders to be at all matches if possible – where not, the health and safety policy of the venue to be known
 5. No take-outs in league games as opposition players may be under 18 years old
 6. All players to wear helmets and gloves

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury				////////////////////	
Minor Injury			////////////////////		
Env / Plant					

Is this risk acceptable ? yes

Hazard 3

Nature of Hazard: Time of day – poor light reduces vision
Persons at Risk: Players, umpires, spectators
Control Measures: 1. Matches to be scheduled so that they can be completed in proper light 2. If match start is delayed, may need to be shortened if light becomes poor 3. In bright light, players need to be careful of balls being difficult to see when looking into the sun 4. First aid kit to be on hand

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury				////////////////////	
Env / Plant					

Is this risk acceptable ? yes

Hazard 4

Nature of Hazard: State of ground – may be slippery, boggy or too hard
Persons at Risk: Players, umpires, spectators
Control Measures: 1. Team leaders to consult with groundsman prior to match and cancel/postpone if necessary 2. Correct footwear should be worn, e.g. studded boots for players and umpires on soft ground

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury				////////////////////	
Env / Plant					

Is this risk acceptable ? yes

Hazard 5

Nature of Hazard: Weather – extremes of cold, heat or wet
Persons at Risk: Players, umpires, spectators – extremes of cold, heat or wet
Control Measures: 1. Appropriate clothing should be worn by everyone 2. Water and shelter should be readily available 3. First aid kit and first aiders to be on hand 4. Match should be cancelled / postponed in extremely adverse conditions, although it is recognised that this needs to be done in advance before the team has left, and that this is not always possible. Matches may be shortened instead. 5. Umpires to take particular care and be aware that players may lack concentration if very cold or very hot 6. Team leaders to ensure an appropriate and thorough warm-up is carried out

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury			////////////////////		
Env / Plant					

Is this risk acceptable ? yes

Hazard 6

Nature of Hazard: Time of day – poor light reduces vision
Persons at Risk: Players, umpires, spectators
Control Measures: 1. Matches to be scheduled so that they can be completed in proper light 2. If match start is delayed, may need to be shortened if light becomes poor 3. In bright light, players need to be careful of balls being difficult to see when looking into the sun 4. First aid kit to be on hand

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury				////////////////////	
Env / Plant					

Is this risk acceptable ? yes

a) Risk Assessment completion and approval

Name:	Signature:	Date
Club Officer Completing Form:		
Club President:		
Senior Treasurer:		

STEP 4: Review

Date of Review	Describe changes to the equipment or state 'none'.	Assessor Signature	Next review due

Notes: