

RISK ASSESSMENT

STEP 1: The Nature of the Activity

Activity

Men's Lacrosse Training

Brief Description of Activity and Equipment used

Facility: St. John's College pitches Equipment: lacrosse sticks, goals, balls, helmets, gloves Activity: Training drills, ad hoc games
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STEP 2: List Hazards

- | |
|------------------------|
| 1. State of the ground |
| 2. Weather |
| 3. Equipment |
| 4. Face-off zone |
| 5. Drills |
| 6. Goal-mouth area |
| 7. Time of Day |

STEP 3: Assess each Hazard and determine Risk

Hazard 1

Nature of Hazard: Ground – may be slippery, boggy or too hard, causing players to slip or causing injury of falling on hard ground
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Persons at Risk: Players

Control Measures: 1. Team leaders should cancel training sessions if conditions become too hazardous 2. Correct footwear should be worn (e.g. Studded boots on soft ground) 3. Team leaders should initiate drills which are appropriate to the state of the ground 4. Safety policy of St. John's College to be found 5. First aid kit and trained First Aiders should be at each session where possible
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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: Weather

Persons at Risk: Players – dehydration, hypothermia, strains and muscle injuries, lack of concentration due to temperature
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Control Measures: 1. Players should be suitably dressed for weather conditions 2. Proper warm-up should be taken by all players and led by someone experienced 3. Players should be aware of having reduced vision in conditions of rain and fog 4. Team leaders should cancel of weather becomes hazardous or shorten if weather makes concentration difficult 5. First aid kit and trained first aiders should be at each session
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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: Equipment – can be dangerous if broken or used by untrained and unsupervised people
Persons at Risk: Players – sticks, helmets, balls Passers-by – loose balls
Control Measures: 1. All sticks, helmets should be checked prior to each training session to ensure they are not broken, that all screws are tight 2. Helmets and gloves should fit properly 3. novices should be trained in the safe use of all equipment by team leaders 4. If light is poor, training with balls is to cease 5. All players made aware of when balls are being used 6. All players to take care not to leave loose balls lying in the path of other players

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: Face-off zone – overuse of a small patch of ground
Persons at Risk: Midfield players People who take face-offs
Control Measures: 1. Practise face-offs away from the match face-off area 2. All mid-fielders to be trained in the correct use of force with regard to the face-off by experienced team leaders

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: Drills
Persons at Risk: Players – tackling, awareness, skill level
Control Measures: 1. Drills to be built up from basics so that everyone understands the nature and potential hazards of the drill 2. Basic skill level required before active participation in team drills. Team leader to assess 3. Tackling drills, especially, to be carefully monitored and all players to know what constitutes legal tackling 4. First Aid kit and First Aiders to attend where possible

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: Goal-mouth area
Persons at Risk: Players – particularly churned-up ground Goalkeeper – at risk from falling goal
Control Measures: 1. Goalkeeper to wear helmet and protective clothing at all times 2. Goal to be secured and weighted 3. Move goal to other areas in training to preserve the ground 4. In mock game situations, umpire necessary to ensure that players adhere to rules of the game, especially in the goal-mouth area 5. First Aid kit and trained First Aiders to attend

Assessment of risk

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

Is this risk acceptable ? yes

Hazard 7

Nature of Hazard: Time of Day – poor light in early mornings and late afternoons
Persons at Risk: Players and goalkeepers
Control Measures: 1. In poor light, drills should not involve passing balls 2. Team leaders should cancel/abandon if visibility is badly reduced 3. When sun is low or particularly bright, care should be taken to avoid throwing balls from the direction of the sun as much as possible

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: