**Aberdeen Touch Rugby - RISK ASSESSMENT FORM (page 1 of 4) **

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity** | **Hazard- Associated Risk** | **Control measures** | **Severity** | **Prob** | **Risk** | **Significance Level** | **Action –Additional Measures** | |
|  | **Description or Effect** |  | **1-10** | **1-10** |  | **See notes** | **To Reduce risk to ALARP** | |
| Driving to and from the Venue  Travelling to a competition by bus  In the car park | Traffic accident/collision with pedestrians/cyclists  Traffic accident  Collisions when alighting or boarding a bus or exiting from a car | The access to Woodside is narrow and dark and is a designated cycle route therefore drive slowly and be aware of other road users  Drive slowly as the road is narrow and used by cars, pedestrians and cyclists. Turning may be a problem so advise the competition organiser in advance if travelling by bus.  Be careful when alighting from a bus or existing a car. Watch out for other traffic. | 10  10  8 | 2  2  2 | 20  20  16 | Moderate  Moderate  Tolerable | **Leave plenty of time to get to the competition so that you do not need to hurry unduly. Reduce speed and car share where possible to reduce traffic.**  **Be aware of other road users** | |
| ALARP – As Low As Reasonably Practicable | |  | | | |  | |  |

Jan 2014

**Aberdeen Touch Rugby - RISK ASSESSMENT FORM (page 2 of 4) **

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| **Activity** | **Hazard- Associated Risk** | **Control measures** | **Severity** | **Prob** | **Risk** | **Significance Level** | **Action –Additional Measures** | |
|  | **Description or Effect** |  | **1-10** | **1-10** |  | **See notes** | **To Reduce risk to ALARP** | |
| Physical injuries from playing | Slips, trips, falls and collisions. Touch is normally played outdoors on natural surfaces in all conditions. Playing surfaces can be uneven and wet.  Fences, rugby/football posts  Muscle strains  cuts | * Players must wear appropriate footwear (moulded studs). Make sure the boots are laced properly and the laces tied in such away so that they cannot snag. * Play in a controlled manner within the rules and do not deliberately charge into players and be aware of less experienced players who may not do as expected * Ensure all posts have adequate post-protectors installed, ensure sufficient clearance (around 5m) from any fences/paths * Players should warm up and cool down properly before and after matches * Players should remove all jewellery where possible, particularly earrings, watches, necklaces, rings and bracelets. Where this is not possible, the jewellery should be covered with tape | 6  6  4  4  2 | 4  4  4  4  4 | 24  24  16  16  8 | Tolerable  Tolerable  Tolerable  Tolerable  Tolerable | Organiser to check pitches before competition starts and remove grass clippings if necessary. Players to inform organiser of the presence of any holes, bumps or grass clippings.  Ice packs should be available  Ensure there is an adequately stocked first aid kit | |
| ALARP – As Low As Reasonably Practicable | |  | | | |  | |  |

**Aberdeen Touch Rugby - RISK ASSESSMENT FORM (page 3 of 4) **

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity** | **Hazard- Associated Risk** | **Control measures** | **Severity** | **Prob** | **Risk** | **Significance Level** | **Action –Additional Measures** |
|  | **Description or Effect** |  | **1-10** | **1-10** |  | **See notes** | **To Reduce risk to ALARP** |
| Physical injuries from playing (cont) | cuts  Spectacles  Dehydration  Sun-burn  Existing conditions | * Cuts or abrasions caused by diving on hard ground or other reasons should be treated immediately preferably by the player them self to prevent cross infection. If this is not possible, a first-aider should wear protective gloves * Players who need to wear prescription spectacles when playing should have impact proof glass and have them secured by a band * Players should ensure they remain hydrated during hot and even cool days. * Wear sunscreen * Players with injuries or medical conditions should inform the organiser before playing | 4  6  4  2 | 4  4  4  4 | 16  24  16  8 | Tolerable  Tolerable  Tolerable  Tolerable | Wear contact lenses if possible  Water will be available from the bar or kitchen tap  Players should come prepared with sunscreen and/or a hat. |

**Aberdeen Touch Rugby - RISK ASSESSMENT FORM (page 4 of 4) **

RISK ASSESSMENT GUIDANCE NOTES

## Severity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 10 | Multiple Death |  | 10 | Certain |  |  |
| 8 | Single Death |  | 8 | Very Likely |  |  |
| 6 | Major Injury |  | 6 | Likely |  |  |
| 4 | Loss Time Injury |  | 4 | May happen |  |  |
| 2 | Damage/minor Injury |  | 2 | Unlikely |  |  |
| 1 | Delay |  | 1 | Very unlikely |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Multiple Death** | **Single Death** | **Major Injury** | **Loss Time Injury** | **Damage /Minor Injury** | Delay |
| Certain | 100 | 80 | 60 | 40 | 20 | 10 |
| **Very Likely** | 80 | 64 | 48 | 32 | 16 | 8 |
| **Likely** | 60 | 48 | 36 | 24 | 12 | 6 |
| **May Happen** | 40 | 32 | 24 | 16 | 8 | 4 |
| **Unlikely** | 20 | 16 | 12 | 8 | 4 | 2 |
| **Very Unlikely** | 10 | 8 | 6 | 4 | 2 | 1 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Intolerable | Intolerable | Substantial | Substantial | Moderate | Tolerable |
| **Intolerable** | **Substantial** | **Substantial** | **Moderate** | Tolerable | Tolerable |
| **Substantial** | **Substantial** | **Moderate** | Tolerable | Tolerable | Trivial |
| **Substantial** | **Moderate** | Tolerable | Tolerable | Tolerable | Trivial |
| **Moderate** | Tolerable | Tolerable | Tolerable | Trivial | Trivial |
| Tolerable | Tolerable | Trivial | Trivial | Trivial | Trivial |