**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 VenueTravelling to a competition by busIn the car park | Traffic accident/collision with pedestrians/cyclistsTraffic accidentCollisions 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 usersDrive 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. | 10108 | 222 | 202016 | ModerateModerateTolerable | **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) **

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 postsMuscle strainscuts | * 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
 | 66442 | 44444 | 242416168 | TolerableTolerableTolerableTolerableTolerable | 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 availableEnsure 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) | cutsSpectaclesDehydrationSun-burnExisting 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
 | 4642 | 4444 | 1624168 | TolerableTolerableTolerableTolerable | Wear contact lenses if possibleWater will be available from the bar or kitchen tapPlayers 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 |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **MultipleDeath** | **SingleDeath** | **MajorInjury** | **Loss TimeInjury** | **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 |