

**UNIVERSITY of OXFORD SPORTS DEPARTMENT**



**OXFORD UNIVERSITY GAELIC ATHLETIC ASSOCIATION**

**Risk Assessment 2015/16**

Club Name: Oxford University Gaelic Athletic Association

The Club's objectives are the support, development, improvement and promotion of Hurling and Gaelic Football in the University of Oxford.

List of Club related activities covered in this Risk Assessment:

- **Training**
- **Varsity Match**
- **National Intervarsity Competitions.**
- **League matches to played as part of BUGAA**
- **Challenge matches with other university or club teams.**
- **Challenge match with the Oxford university Australian Rules team.**
- **Cuppers tournament**
- **Socials**

<b>Oxford University Gaelic Athletic Association: Hurling Risk Assessment 2015/16</b>			
<b>Activities</b>  <b>Training:</b> <ul style="list-style-type: none"> <li>Sundays 11 am, Cheney School. Training sessions where emphasis is on: <ul style="list-style-type: none"> <li>improving skill levels of novice hurlers through non-competitive and non-contact training drills.</li> <li>improving skill levels of more experienced players through competitive play.</li> <li>ensuring all hurlers are properly prepared for competitive play i.e. proficient in using own hurley as protection when catching, blocking, ground striking the ball.</li> <li>Ensuring novices are fully prepared for competitive action before progressing to competitive training games.</li> <li>Hurling skills to be practiced include the following: <ul style="list-style-type: none"> <li>Striking the ball from the ground/hand</li> <li>Catching the ball while protecting the catching hand</li> <li>Batting the ball</li> <li>Picking the ball while stationary/while running</li> <li>Soloing with the ball.</li> </ul> </li> </ul> </li> <li>Fridays 6 pm, Brookes University Sport Centre Circuit training for strength and aerobic fitness.</li> </ul>			
<b>N.B.</b> Risk factor is estimated on a scale 1-5 ('1' representing 'minimum of risk to participants' and '5' representing 'considerable risk to participants')			
HAZARD	CONTROLS MEASURES IN PLACE	RISK FACTOR (likelihood x Severity)	FURTHER CONTROL MEASURES
Circuit training exercises	Warm-up and stretching session before circuit training. Cool-down and further stretching after circuit training. Correct technique for each exercise is explained by fitness coach.	1	Each exercise is demonstrated by the fitness coach at the beginning of the training session.
Blisters on hands	Time with hurley in hand to be limited in first number of training sessions (coach to limit duration of training sessions (< 60mins))	4	Club Advise use of cushioning tape on hurley handle.
Accidental ball impact while training	Players organized into pairs at training sessions (responsibility of Safety officer (SO)t/committee member in charge).	3	Pairs arranged parallel so that infringement is minimized.
Twisted ankles/knees/wrists	Competitive games/training sessions not to be played/prolonged when poor surface conditions exist. (Permission of Lincoln Groundsman required before training can go ahead)	2	Warm-up exercises to be completed before and after each training session/competitive fixture (responsibility of SOt/committee member in charge).

Superficial injury to hands/body	Practicing of contact play during training sessions. Club advise use of specialist gear such as ash guard.	3	Novices are not to play competitively unless they have completed full series of contact training drills (Responsibility of SO/committee member).
Superficial injury caused by metal band on hurley	Bands to be kept tidy and secure (To be checked by SO/committee members).	1	Bands to be checked before competitive games/training drills. (To be checked by SO/committee members).
Injury to legs	Club Advise new and regular members to wear shinguards.  Practicing of contact play during training sessions.  Practicing use of hurley for self protection.	2	Novices are not to play competitively unless they have completed full series of contact training drills. (Responsibility of SO/committee member). Watching of training and top level hurling videos to reinforce correct methods and especially the use of the hurley for self protection.
Injury to head/eye/ear	Mandatory wearing of approved helmets with wire mesh faceguard at training sessions and matches. (Responsibility of SO/committee members).  Practicing of contact play during training sessions.  Practicing use of hurley for self protection.	1	Regular checks to ensure safety helmets and face guards are in good condition. (Responsibility of SO/committee member).  Novices are not to play competitively unless they have completed full series of contact training drills. (Responsibility of SO/committee member).  Watching of training and top level hurling videos to reinforce correct methods and especially the use of the hurley for self protection.
Injury to groin area	Club advise use of groin protection	1	Practice using hurley for self protection
Inexperienced Players and/or Unknown Medical Conditions which could lead to a higher chance of an injury in training or matches.	All members are required to complete a Membership form, which identifies any medical conditions which may prove to be an issue.	1	All players encouraged to bring any medication required to training and/or matches.
Injuries from playing on substandard pitches or hard surfaces e.g. icy conditions.	Inspection of playing surfaces by club officers in advance of training and fixtures.	1	If the playing of a match or training is in doubt due to weather conditions then you should consult with the groundsman at Lincoln College Sports Grounds or the University Parks, as appropriate.

<b>Minor Injuries:</b>  Muscle strains, pulled muscles; bruises; twisted or sprained ankles; grazes; cramp.	Supervised warm-up session at the beginning, and warm-down session at the end, of each training session and match.  Pitch examined and judged safe. Players encouraged to wear appropriate footwear (football boots with studs).  Substitutes encouraged to wear warm clothing and warm-up sufficiently before play.  First aid kit available.  Club First Aid Officer present at all training sessions and matches.	<b>3</b>	Beginners and less experienced players receive full and thorough grounding in the rules of the game prior to taking part in full training sessions with the more experienced players. Emphasis in such preliminary instruction is on making and receiving tackles; and fouling moves are identified. Players must be attired properly to train and play.
<b>Serious Injuries requiring medical assistance:</b>  Head injuries, broken bones, fractures, cuts, sprains.	Phone available at every meeting in case of injury requiring professional medical attention.  Players with head injuries, suspected broken bones or fractures, or deep cuts, must be taken to hospital. Players with potential spinal injuries should not be moved until the Emergency Services are in attendance.  Judgement as to what is a serious injury shall always err on the side of caution.	<b>2</b>	For all injuries and accidents at the University Parks – the University Parks groundsman should be contacted (please ensure that you have his telephone number) and the Emergency Services called (if injury is a major injury) by calling <b>999</b> . The University Security Services should also be contacted ( <b>01865</b> ) <b>289999</b> to lower the bollard at the entrance to South Parks. The Emergency Services should be met at South Parks Lodge and directed to the injured player. An accident report form should be completed by the groundsman. If the is not possible then an e-mail sent to the Sports Department and its nominated officers.  For matches played away a Trip Registration Form is required. Please see travel section. In the event of a major accident/injury please contact the University Security Services and inform them accordingly. They will offer advice and assistance and contact personnel within the Sports Department who can help.
Dehydration	Water/fluids made available before, during and after training and matches. Extra attention taken during hot weather.	<b>1</b>	Players encouraged to bring fluids to matches and training.

<p><b>TRAVELLING TO AWAY MATCHES</b></p> <p>Road accidents in hired mini-buses when travelling to away venues.</p>	<p>Drivers not to exceed seating, speeding or drinking limits. Advice given to passengers to wear seatbelts. Driver to be properly qualified. Vehicle to be checked and suitable for use before departure. Drivers to comply with Road Traffic Act. Insist on seatbelts being worn, not distracting driver whilst s/he is driving, not obstructing minibus gangways with bags.</p>	<p>1</p>	<p>All Trip Registration Forms are to be sent a day (by 5.00pm on Thursday) before weekday fixtures or weekend fixtures to the Sports Federation.</p> <p>For trips abroad, Trip Registration Forms must be submitted one month ahead of the trip to the Sports Federation. They will then be forwarded to the University Insurance Department and Security Services.</p> <p>If the club has a major accident and/or incident which involves the member going to Hospital or the Emergency Services being called then the club have the chance to contact the University Security Services Emergency Line on (01865) 289999 who will offer advice and assistance. Security Services will contact the Press Office, the college(s) of the injured person(s) and the key personnel within the Sports Department who can help.</p>
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**Oxford University Gaelic Athletic Association**  
**Gaelic Football Risk Assessment 2015/16**

**Activities**

**Training:**

- (Fridays 6pm, Brookes Sports Centre Astroturf)  
 Training sessions where emphasis is on:
  - improving skill levels of novice footballers through non-competitive and non-contact training drills.
  - improving skill levels of more experienced players through competitive play.
  - ensuring all players are properly prepared for competitive play i.e. proficient in catching safely, and protecting their hands.
  - Ensuring novices are fully prepared for competitive action before progressing to competitive training games.
  - Gaelic Football skills to be practiced include the following:
    - Kicking the ball from the ground/hand
    - Fielding (Catching the dropping high ball securely) and receiving (catching low balls at chest height).
    - Hand passing and punching the ball
    - Rising the ball with one's foot while running
    - Soloing with the ball.
    - Blocking an opponent kicking the ball
- Tuesday 8pm, Oxford Track, Iffley Road  
 Circuit training for strength and aerobic fitness.

- Varsity Match, National Intervarsity Competitions.

- Challenge matches with other university or club teams.

**N.B.** Risk factor is estimated on a scale 1-5 ('1' representing 'minimum of risk to participants' and '5' representing 'considerable risk to participants')

HAZARD	CONTROLS MEASURES IN PLACE	RISK FACTOR (likelihood x Severity)	FURTHER CONTROL MEASURES
Circuit training exercises	Warm-up and stretching session before circuit training. Cool-down and further stretching after circuit training. Correct technique for each exercise is explained by fitness coach.	1	Each exercise is demonstrated by the fitness coach at the beginning of the training session.
Twisted ankles/knees/wrists	Competitive games/training sessions not to be played/prolonged when poor surface conditions exist.	2	Warm-up exercises to be completed before and after each training session/competitive fixture (responsibility of SO/committee member in charge).
Superficial injury to hands/body	Practicing of contact play during training sessions. Club advise use of padded (goalkeepers) gloves.	2	Novices are not to play competitively unless they have completed full series of contact training drills (Responsibility of SO/committee member).
Dental Injuries	Players will be trained to guard their face when fielding high balls. Club strongly urges its members to use gum-shields to protect teeth.	1	Novices are not to play competitively unless they have completed full series of contact training drills (Responsibility of SO/committee member).

Inexperienced Players and/or Unknown Medical Conditions which could lead to a higher chance of an injury in training or matches.	All members are required to complete a Membership form, which identifies any medical conditions which may prove to be an issue.	1	All players encouraged to bring any medication required to training and/or matches.
Injuries from playing on substandard pitches or hard surfaces e.g. icy conditions.  Injuries can vary from Minor to Major.	Inspection of playing surfaces by club officers in advance of training and fixtures.	1	If the playing of a match or training is in doubt due to weather conditions then you should consult with the groundsman at Lincoln College Sports Grounds or the University Parks, as appropriate.
Minor Injuries:  Muscle strains, pulled muscles; bruises; twisted or sprained ankles; grazes; cramp.	Supervised warm-up session at the beginning, and warm-down session at the end, of each training session and match.  Pitch examined and judged safe. Players encouraged to wear appropriate footwear (football boots with studs).  Substitutes encouraged to wear warm clothing and warm-up sufficiently before play.  First aid kit available.  Club First Aid Officer present at all training sessions and matches.	3	Beginners and less experienced players receive full and thorough grounding in the rules of the game prior to taking part in full training sessions with the more experienced players. Emphasis in such preliminary instruction is on making and receiving tackles; and fouling moves are identified. Players must be attired properly to train and play.
Serious Injuries requiring medical assistance:  Head injuries, broken bones, fractures, cuts, sprains.	Phone available at every meeting in case of injury requiring professional medical attention.  Players with head injuries, suspected broken bones or fractures, or deep cuts, must be taken to hospital. Players with potential spinal injuries should not be moved until the Emergency Services are in attendance.  Judgement as to what is a serious injury shall always err on the side of caution.	2	For all injuries and accidents at the University Parks – the University Parks groundsman should be contacted (please ensure that you have his telephone number) and the Emergency Services called (if injury is a major injury) by calling 999. The University Security Services should also be contacted (01865) 289999 to lower the bollard at the entrance to South Parks. The Emergency Services should be met at South Parks Lodge and directed to the injured player. An accident report form should be completed by the groundsman. If the is not possible then an e-mail sent to the Sports Department and its nominated officers.  For matches played away a Trip Registration Form is required. Please see travel section. In the event of a major accident/injury please contact the University Security Services and inform them accordingly. They will offer advice and assistance and contact personnel within the Sports Department who can help.

Dehydration	Water/fluids made available before, during and after training and matches. Extra attention taken during hot weather.	1	Players encouraged to bring fluids to matches and training.
Travelling to Away Matches  Road accidents in hired mini-buses when travelling to away venues.	Drivers not to exceed seating limit. The driver must not have consumed alcohol prior to driving. Advice given to passengers to wear seatbelts. Driver to be properly qualified. Vehicle to be checked and suitable for use before departure. Drivers to comply with Road Traffic Act. Insist on seatbelts being worn, not distracting driver whilst s/he is driving, not obstructing minibus gangways with bags.	1	<p>All Trip Registration Forms are to be sent a day (by 5.00pm on Thursday) before weekday fixtures or weekend fixtures to the Sports Federation.</p> <p>For trips abroad, Trip Registration Forms must be submitted one month ahead of the trip to the Sports Federation. They will then be forwarded to the University Insurance Department and Security Services.</p> <p>If the club has a major accident and/or incident which involves the member going to Hospital or the Emergency Services being called then the club have the chance to contact the University Security Services Emergency Line on (01865) 289999 who will offer advice and assistance. Security Services will contact the Press Office, the college(s) of the injured person(s) and the key personnel within the Sports Department who can help.</p>