

OXFORD UNIVERSITY RUGBY UNION CLUB RISK ASSESSMENT 2018/19**21/05/18**

Activities usually carried out by the club at Iffley Road Rugby Ground, other grounds in Oxford and at other Rugby venues around the country

OURFC comprises of: Men's Blues, Women's Blues, Greyhounds, Panthers, Whippets, Under 20's & Colleges XV. This risk assessment applies to all competitive matches, the Varsity Match, Tours abroad, Cuppers Finals and training.

OURFC documents i.e. Risk Assessments, Code of Conduct and Constitution will be displayed on the OURFC webpage and reviewed on an annual basis by OURFC. All members of the club are to have read the Risk Assessment and Code of Conduct and are to sign a declaration at the start of the season to enforce that this is the case. Grounds safety and event management is not covered in this Risk Assessment.

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Poor Quality Coaching	OURFC's Senior Member is to send the Director of Sport a letter at the beginning of Michaelmas Term each year to clarify that all OURFC's coaches are qualified and insured for the forthcoming season.	Low	OURFC are to update insurance details so that insurance is kept valid and current.

<p>Training during the week on the <u>Astroturf</u>.</p> <p>Hazard: Injuries can occur through slip, trip, fall, collision with fellow players. Injuries are mainly of a minor nature.</p>	<p>All training sessions take place under the guidance of a coach and all injuries on the Astroturf pitch are reported directly to OURFC.</p> <p>If no First Aid back-up is available OURFC can contact the main sports Department front desk for First Aid assistance on (01865) 240476 or by visiting the desk in person.</p> <p>Correct footwear advised – no studs. Touch Rugby and ‘bump and hold’ is played during training sessions.</p>	<p>Medium</p>	<p>Any goals which need to be moved to allow a practice to take place should be moved by 2 persons.</p> <p>Oxford University Sports Department have a Generic Risk Assessment for hirers of the Astroturf pitch and these will be provided with all booking confirmation details at the start of Michaelmas Term.</p> <p>It is agreed that for all ‘Major’ injuries e.g. broken bones, unconsciousness etc. that OURFC will send an Accident Report form to the ASO. Forms can be handed in to reception for the ASO’s attention.</p>
<p><u>Scrum Machine</u> (located in scrum corner).</p> <p>Injuries can occur through faults with the scrum machine itself, through poor training techniques being practised.</p> <p>Hazard: Minor to Major Injuries.</p>	<p>Ensure the correct technique is taught by coaches.</p> <p>Ensure the scrum machine is in good working order before each use.</p> <p>Ensure that an annual service takes place and records are kept by OURFC.</p> <p>Ensure the cover for the Scrum machine is put on at the end of the session to protect it.</p>	<p>Medium</p>	<p>An annual service by the Scrum machine manufacturer is arranged by OURFC and documentation of service visits filed. OURFC will act on the findings of the service reports as required.</p>

<p><u>Pitches</u></p> <p>Injuries happen as a result of the state of the playing surface e.g. icy pitch or from foreign bodies on pitch e.g. glass or from slipping on a wet surface.</p> <p>Hazard: Minor Injuries (e.g. bruising) to Major Injuries (e.g. Broken bones from falls etc)</p>	<p>Ensure all players wear the appropriate footwear for the condition of the pitch,</p> <p>Liaise with the groundsman with reference to pitch conditions ahead of the game.</p> <p>Pre-match inspection of the pitch by the Groundsman/OURFC officials/coach and referee to decide whether the pitch is fit for play, clearing any unexpected hazards e.g. glass. Ultimately the decision on whether the game goes ahead rests with the referee for the game.</p>	<p>Medium</p>	<p>Planned sessions should take account of the state of the pitch.</p> <p>Coaches should refuse to allow players to play with the incorrect footwear.</p>
<p><u>Goal Posts</u></p> <p>Players collide with the goal posts during the course of the game.</p> <p>Hazard: Collision leading to potential head and upper limb Injury.</p> <p><u>Corner Posts.</u> Players collide with corner posts.</p>	<p>The OURFC Groundsman is to ensure that padding is in place around each post as per NGB guidelines.</p> <p>The OURFC Groundsman must ensure that the padding around all uprights is secured correctly and in good order.</p> <p>Corner posts should be flexible to allow impact when players are diving for a try in the corner.</p>	<p>Low</p>	
<p><u>Boots and Studs</u></p> <p>Injuries can be sustained from studs which are not checked.</p> <p>Hazard: Sharp edges which can lead to a greater chance of cuts.</p>	<p>Ensure that studs and boots meet IRB criteria and standards.</p> <p>Before each game all players boots and studs are checked by the referee.</p>	<p>Low</p>	<p>As players are ultimately responsible for their own boots they will regularly check their own kit to ensure it is safe to use during training sessions. As games are played at regular intervals during term then any boot issues regarding safe studs will be raised.</p>

<p><u>Running and passing.</u></p> <p>Hazard: Injuries from falling over or collision with other players.</p>	<p>Coaches to ensure that enough space is used for practices and clear instructions are given by coaches.</p>	<p>Low</p>	<p>None.</p>
<p><u>Tackling.</u></p> <p>Hazard: Injuries vary from bruising to injuries to the face, shoulders, upper body limbs, knees and ankles.</p>	<p>Coaches are to ensure that players are taught the correct technique.</p> <p>Players are encouraged to wear shoulder pads and protective padding where tackling takes place (matches and training).</p> <p>The wearing of mouth guards is not compulsory. OURFC do provide mouth guards for Blues players who request them.</p> <p>The players are to go through a full warm-up prior to the start of the game.</p> <p>Practices should not take place when players are over fatigued.</p>	<p>Medium</p>	<p>OURFC is to encourage correct and regular coaching at schools and clubs which have links to OURFC.</p> <p>If players are carrying an injury – it is the OURFC Physiotherapist, Doctor, Coach and Players who make the decision regarding ‘how fit’ the player is and whether he is able to play or not.</p>
<p><u>Rucking and Mauling.</u></p> <p>Hazard: There is the danger of players being stamped on leading to cuts and bruising.</p>	<p>Coaches are to ensure that players are taught the correct technique.</p> <p>Ensure that the officials comply with the Rules of the Game.</p> <p>Ensure the boots and studs are checked and IRB regulation studs are used.</p>	<p>Medium</p>	

<p><u>Scrums</u></p> <p>Hazard: Damage to players shoulders, neck, back and ears.</p>	<p>Coaches are to ensure that players are taught the correct technique.</p> <p>Ensure that the Officials enforce the Rules of the Game re: collapsing of the scrum.</p> <p>Ensure that there is a thorough knowledge of the game with regard to binding in the front row and the wheeling of the scrum.</p>	<p>Medium</p>	<p>OURFC is to ensure that there are regular strength improvement sessions especially for props and locks.</p>
<p><u>Line-Outs</u></p> <p>Hazard: Injury to players lifting others or falling from a height.</p>	<p>Coaches are to ensure that players are taught the correct technique.</p> <p>Ensure that the players need to understand the need to lower those jumping to the floor.</p> <p>Ensure that the defending side keep to the regulations regarding the regard to challenging for the ball.</p>	<p>Medium</p>	<p>Thorough warm-up before lifting.</p> <p>Work on lifting technique and strength as part of the conditioning programme.</p> <p>Strapping of thighs to allow better grip.</p>
<p>Hazard: <u>Choking</u></p>	<p>Players should not be chewing gum when playing or training.</p> <p>OURFC's physiotherapist is aware of treatment. OURFC to call 999 if Emergency Services required.</p>	<p>Low</p>	<p>Players required to turn player onto there side (recovery position) if a player is thought to be choking.</p>
<p>Hazard: <u>Muscle Strains/Bruising/Cuts</u></p>	<p>Cuts: This is an occasional but inevitable consequence of a physical contact sport. Those dealing with cuts should wear disposable gloves provided in all first aid kits.</p> <p><i>Muscular Strains/Bruising:</i> the principle of R.I.C.E, should be applied. Advice on rehabilitation will be referred to a Physiotherapist.</p>	<p>Medium</p>	<p>Cuts should be immediately cleaned and dressed before continuing with practice/matches.</p> <p>Referees in games will ask player to leave the pitch for cuts to be cleaned up. Substitutes permitted.</p> <p>Players must warm-up correctly and all injuries should be dealt with correctly by professionals e.g. Physiotherapists.</p>

<p>Hazard: <u>Dislocated and broken bones</u></p>	<p><i>Dislocations and breaks:</i> This is an occasional but inevitable consequence of a physical contact sport.</p> <p>Such accidents should be reported immediately to the Emergency Services on 999 and in the interim – First Aiders should oversee the injury.</p>	<p>Medium</p>	
<p>Hazard: <u>Injury to head, neck or spine.</u></p> <p>This could arise in a game situation and is identified separately because of its potential for more permanent disablement.</p>	<p>OURFC Officials should be clear about the way to treat possible spinal injuries. The player should not be moved and the Emergency Services contacted on 999.</p>	<p>Medium</p>	
<p><u>Dehydration</u></p>	<p>Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure adequate fluid intake before, during and after training and games.</p>	<p>Low</p>	<p>In anticipation of strenuous training sessions, particularly in summer, members are encouraged to bring water bottles and the coaches will allow for regular breaks to enable them to take on fluids.</p>

<p><u>Injury to players during a match.</u></p> <p>The protocol for OURFC fixtures is to provide the following medical cover as outlined.</p> <p>Hazard: Lack of trained First Aid staff who can offer assistance to players with injuries.</p> <p>OURFC make every effort to provide 'reasonable' cover for all OURFC matches.</p>	<ul style="list-style-type: none"> • Home Fixtures (Blues). A doctor and Physio are in attendance at all Home Fixtures. Plus the University First Aid Unit are in attendance. • Home Fixtures (Non-Blues). Physio or University First Aid Unit will be in attendance. • Away Matches (Blues). Physio and usually a doctor will in attendance. • Away Matches (Non-blues). Physio will be in attendance. • Pre-season Tour. Physio and doctor will be in attendance. • Cuppers Final. Doctor and University First Aid Unit will be in attendance. 	<p>Medium</p>	<p><u>Summary of OURFC First Aid provision at Iffley Road:</u></p> <p>OURFC maintain a Medical/first Aid Room with First Aid kit, First Aid bed etc. Accident Report Forms are available and are to be completed for Major Injuries. Forms to be forwarded to ASO. A Telephone is available for Emergency calls.</p> <p><u>Critical Incident Course</u></p> <p>OURFC provide a Critical Incident Course for all captains of college teams. This course is advertised in Trinity Term and takes place in early Michaelmas term and covers basic First Aid.</p>
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<p><u>Free-Weights Room</u></p> <p>Hazard: Injuries from the improper use of the Free-Weights room in the OURFC gym.</p> <p>Hazard: Lone workouts.</p> <p>Hazard: Unsafe room with faulty equipment.</p>	<p>OURFC carry out Inductions for all OURFC players at the start of Michaelmas Term.</p> <p>A handout on ‘good practice’ in the free-weights room is provided at the Induction.</p> <p>Laminated posters displaying ‘rules and regulations’ are provided.</p> <p>All players have access to the Free-Weights room at the following times: Monday to Friday from 7.30am-10.25pm Saturday and Sunday from 9.00am-7.00pm</p> <p>Access is via a Digital Lock.</p> <p>A policy of no lone person Training is in place.</p> <p>All free-weights are serviced by Gym-Check and the service reports filed.</p> <p>Spot Checks on the free-weights room will take place.</p>	<p>Medium</p>	<p>All players should be informed that any faults with the Free-Weights room should be directed to the OURFC General Manager.</p>
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<p>Road Accidents in hired minibuses, coaches when travelling to matches & competitions.</p> <p>This also applies to accidents in a private car(s).</p>	<p>OURFC General Manager to complete the Trip Registration Form before each event.</p> <p>For all 54 seat coaches, drivers are provided by the hire firm</p> <p>For any mini-bus coaches which are hired Drivers must have passed University accredited tests. Drivers must be 21 years or older.</p>	<p>Low</p>	<p>It has been agreed that OURFC will provide a database of players for the season (to be regularly updated as and when new players are taken on) and a list of fixtures for the season which will then be forwarded to the ASO at the start of term and then forwarded onto the University Security Services.</p> <p>For trips out of the UK – Trip Registration Forms (TRF) are required one month ahead of the trip and these should be submitted to the ASO. The TRF are then forwarded to the University Insurance Department. Trip Registration details should be available to the OURFC General Manager (or alternative) in this country if an accident takes place abroad.</p> <p>For any major accidents which involve either calling the emergency services or involves players being taken to hospital the OURFC administrator/coach should be contacted in the first instance. If OURFC require further assistance then the General Manager/Coach can notify the University Security Services on (01865) 289999 for assistance.</p>
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Risk Factor:

Likelihood = Likely 5
 Probable 4
 Possible 3
 Remote 2
 Improbable 1

Severity = Fatality 4
 Major Injury 3
 Minor Injury 2
 No Injury 1

Then multiply the two for a mark which again equates to Low (1-6), Medium (6-12) or High (12+)