

# Sports Risk Assessment

By  
Michael Gold

5<sup>th</sup> Draft – Completed 27<sup>th</sup> May 2009

## Index

General Risk Assessment .....	Page	3
Equipment Risk Assessment		
Bibs .....	Page	4
Small cones .....	Page	4
Large Cones .....	Page	5
Speed Hurdles .....	Page	5
Speed Ladders .....	Page	5
Cone Hurdles .....	Page	6
Hoops and Agility Rings .....	Page	6
Boundary Marker Poles .....	Page	6
Gym Bench .....	Page	7
Skipping Rope .....	Page	7
Passing Arcs .....	Page	7
Footballs .....	Page	8
Plastic Goals .....	Page	8
Metal Goals .....	Page	8
Weight Training		
Exercise Bikes .....	Page	9
Weights .....	Page	9
Dumb Bells .....	Page	10
Running Machine .....	Page	10

## General Risk Assessment

It is important to understand that every young person has differing levels of ability and endurance. We must also remember that some young people are using drugs, illegal, decriminalised and prescribed, this will affect their performance and the rate at which they improve.

Physical exercise, if performed incorrectly, can be dangerous, in fact; in some cases it can be terminal.

Regular monitoring of heart rate and blood pressure will be a good indication as to the risk involved in completing this programme. Also, gaining young people's trust so that we can have informal and frank discussion about their habits, would give us clues as to how their performance would be affected; and if possible, educate them so that their habits improve.

Football is a contact game. Like all contact games it is riddled with dangers that can be controlled with the correct supervision. However, accidents do happen, and our job as youth workers is to minimise them.

In general the following should be adhered to:

1. Every member should complete a medical form.  
This will identify any conditions that they suffer with that could increase their risk.
2. All participants should complete a supervised warm up.
3. All participants should complete supervised stretching both static and dynamic.
4. It should be made clear who is in charge, and participants should understand that when the whistle is blown, they should give immediate attention.

Depending on the different surfaces that the game is played on and on the weather conditions, the element of risk changes. This can be minimised by the following:

1. All players must wear shin pads, preferably those that also protect the ankle, for games and training.
2. All players must wear the correct foot ware; Studs, blades, Astroturf's, etc depending on the surface the game or training will take place on.

# Equipment Risk Assessment

## Bibs

A bib is a piece of coloured material that sits on top of what the player is already wearing. Its purpose is to distinguish different teams or roles.



In general there is very little risk associated with a bib with correct supervision.

- The bib is too big  
If a young person is given a bib that is too big, it could trip them or cover their face when blown by the wind
- Allergic reaction to washing powder  
A young person could have an allergic reaction to the washing powder used to clean the bib. If the young person experiences itching or blotches appear on the skin, it should be removed immediately
- Cross contamination  
Sometimes it is necessary for bibs to be used in the same session by several players. If one of the players has a disease that can be transmitted by contact, it is possible for the infection to be passed on. The risk is small, as infections like these should be declared by the young person to the medic

## Small Cones

A small cone is a plastic device used to mark boundaries, starting point and other places during training, or game.



There is very little risk associated with using this piece of equipment.

- Slip over when stepping on a cone  
A young person could step on the cone while running. In general the cone is designed to collapse, but in the unlikely event that it does not, the young person could slip over. Damage would be minimised by correct warm up and stretches before play starts

## Large Cones

A large cone is a plastic device used to mark boundaries, starting point and other places during training. Such as a place to turn.

There is very little risk associated with using this piece of equipment.



- Trip over a cone  
A young person could trip over a cone while running. In general the cone will move if run into as it is not fixed to the ground, but in the unlikely event that it does not, the young person could fall over. Damage would be minimised by correct warm up and stretches before play starts

## Speed Hurdles

Hurdles are a piece of equipment designed to make footballers light on their feet. They are made of plastic and just sit on the ground.



- A player could trip over  
A young person could trip on a hurdle, but the hurdle is designed to drop to the ground in the event of the slightest contact. Damage is unlikely but would be minimised by correct warm up and stretches before play starts

## Speed Ladders

Speed Ladders are a piece of equipment designed to make footballers light on their feet. They are made of plastic or wood, connected with a nylon ribbon and just sit on the ground.



- A player could trip over  
A young person could trip on a ladder, but the ladder is designed to move and often the rungs break in the event of an entanglement. Damage is unlikely but would be minimised by correct warm up and stretches before play starts

## Cone Hurdles

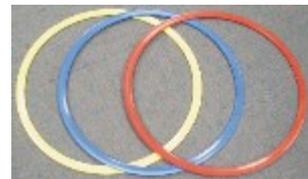
The cone hurdles are made of plastic and are designed to teach agility both with and without the ball. The cones have holes in that the plastic poles slot into. There are several exercises both with and without the ball. Some exercises involve jumping over and some running round the apparatus.



- ◆ A young person could trip over  
A young person could catch his foot under one of the poles. If this happened the pole is designed to bend and the cone is designed to move. Injury is very unlikely. Once again, the risk is minimized with a correct warm up and stretching before the session begins

## Hoops and Agility Rings

A hoop is made of plastic and come in several sizes to teach agility through a series of exercises of stepping in and out of them.



- ◆ A young person could trip over  
A young person could catch his foot under one of the hoops. If this happened the hoop will move. Injury is very unlikely. Once again, the risk is minimized with a correct warm up and stretching before the session begins

## Boundary Marker Poles

The poles are made of plastic with a metal spike at one end. They are designed to teach agility when twisting and turning. They are placed in the ground and the young people run through them.

- As this item has a spike an adult should always set them up. This way the spike is never exposed to a young person.
- A young person could run into them.  
As they are made of plastic they just bend. The risk of injury is minimal.



## Gym Bench

These benches are used to run along in circuit training or to sit on as a spectator of a game.

- The young people have a risk of falling off. The bench is very low to the ground and injury is unlikely. The young person should be watched to check that their behaviour is appropriate.



## Skipping Rope

The ropes we use are normally PVC plastic and are used for skipping practice.

- A young person can be hit by a rope as they walk past. All young people skipping should be in an area where there is no-one walking around.
- A young person can trip on a discarded skipping rope. When a young person finishes using a skipping rope, they should roll it up and put it safely away in the equipment bag it came from.



## Passing Arcs

A passing arc is a piece of equipment designed to increase the accuracy of a pass. They are made of plastic and stick into the ground with two spikes or sit into plastic legs.

- As they have spikes, they should always be set up by an adult. That way a young person never comes into contact with the spike.
- A young person could run into an arc and trip. If this happens, the arc will fall over. The risk is minimized by the correct warm up and stretches.



## Footballs

Probably the most important piece of equipment in football training; these balls come in a variety of sizes.



- A young person could trip on a ball  
The correct size ball should be used depending on the size and age of the young person. If the young person falls over the ball, the ball will just roll away. Injury would be minimised by the correct warm up and stretches at the start of the session.
- A young person could be hit by the ball  
It is inevitable that a young person at some stage in the game will be hit by a ball. Ensuring that the balls are pumped correctly and not too hard will minimise the damage. Also, proper control of the group by the trainer will ensure that young people know when the balls are being kicked, which will help them to observe their own perspective danger.

## Plastic Goals

A plastic goal is a goal that is designed to be portable, and is assembled on site. It comes in a variety of sizes dependant on age and size of pitch used.



- A young person could run into the goal post  
We do not anchor the posts into the ground, so that the post will move in the event of an impact. This makes injury for these goals unlikely.

## Metal Goals

Metal goal posts are found in fixed locations at hired events. They are in a variety of sizes dependant on the size of pitch.



- A young person could run into a goal post  
We cannot minimise the danger of this as the goal is fixed to the ground, we can only perform quality refereeing, stopping the game at obvious signs of danger. If the grounds and goal posts belonged to us, we could wrap foam around the base, but in most cases this is out of our control.

## Weight Training

Weight Training sessions must be run by a suitable qualified member of staff. Young people should work in pairs and should complete a health questionnaire and induction before they are allowed to train.

## Exercise Bike

The seat and handle bars must be adjusted so that it suits each individual. The induction should cover the correct sitting position and how to use the resistance settings.



If the instructions are followed, there is minimum risk.

- A young person can develop sore muscles. This happens if they over train. They should be following a programme set out for them by their member of staff.
- A young person can become de-hydrated. This happens if they train to long or have not hydrated adequately. The member of staff should watch everyone and stop them if they look distressed or de-hydrated.

## Weights

The machines must be adjusted so that it suits each individual. The induction should cover the correct sitting position and correct use of the equipment, and the young person should be informed what weights they should be using.



If the instructions are followed, there is minimum risk.

- A young person can develop sore or pulled muscles. This happens if they over train or use weights that are too heavy. They should be following a programme set out for them by their member of staff.
- A young person can become de-hydrated. This happens if they train to long or have not hydrated adequately. The member of staff should watch everyone and stop them if they look distressed or de-hydrated.
- Someone can trip over a weight on the floor. Weights should always be returned to the storage rack when not in use.



## Dumb Bells

The young person should be informed what weights they should be using.



If the instructions are followed, there is minimum risk.

- A young person can develop sore or pulled muscles. This happens if they over train or use weights that are too heavy. They should be following a programme set out for them by their member of staff.
- A young person can become de-hydrated. This happens if they train to long or have not hydrated adequately. The member of staff should watch everyone and stop them if they look distressed or de-hydrated.
- A young person can drop a weight so that it lands on his or someone else's foot. Young people should work in pairs and never pick up weights that are too heavy.
- Someone can trip over weights left on the floor. Weights must never be left on the floor and should always be put back in the racks provided.

## Running Machine

All moving machines have a slightly elevated risk of causing injury. However, if used with the correct safety procedures, the risk of injury is minimal.



- A young person can become de-hydrated. This happens if they train to long or have not hydrated adequately. The member of staff should watch everyone and stop them if they look distressed or de-hydrated.
- A young person can lose his footing and fall, causing injury on the moving belt. The “Dead Mans Switch” should be fitted, so that if a young person falls, the power is cut immediately. Also the young person should have been advised by a member of staff, how fast to set the machine and how long they should be using it.