# Section 1: Risk Assessment Guidance

The assessor can assign values for the hazard severity (a) and likelihood of occurrence (b) (taking into account the frequency and duration of exposure) on a scale of 1 to 5, then multiply them together to give the rating band:

| **Hazard Severity (a)** | Likelihood of Occurrence (b) |
| --- | --- |
|
| 1 – Trivial (eg discomfort, slight bruising, self-help recovery)**2 – Minor** (eg small cut, abrasion, basic first aid need)**3 – Moderate** (eg strain, sprain, incapacitation > 3 days)**4 – Serious** (eg fracture, hospitalisation >24 hrs, incapacitation >4 weeks)**5 – Fatal** (single or multiple) | **1 – Remote** (almost never)**2 – Unlikely** (occurs rarely)**3 – Possible** (could occur, but uncommon)**4 – Likely** (recurrent but not frequent)**5 – Very likely** (occurs frequently) |

The risk rating (high, medium or low) indicates the level of
response required to be taken when designing the action plan.





| **1** | **2** | **3** | **4** | **5** |
| --- | --- | --- | --- | --- |
| **2** | **4** | **6** | **8** | **10** |
| **3** | **6** | **9** | **12** | **15** |
| **4** | **8** | **12** | **16** | **20** |
| **5** | **10** | **15** | **20** | **25** |

# Section 2.02: River Sessions

| **Risk Assessment Record** |
| --- |
| **Risk Assessment of:** SU Sport Boxing Club  | **Assessor(s):**Katie Cubitt  | **Date:** **10/06/2022** |
| **Overview of activity / location / equipment / conditions being assessed:** Club Activity  | **Duration/Frequency of Activity**: **4 days a week** |
| **Generic or specific assessment?**Specific assessment | **Context of assessment**Generic – to be tailored by owner and read in conjunction with existing task risk assessments |

| **#** | **Hazard(s) identified** | **Persons affected** | **Existing controls & measures** | **A** | **B** | **A x B** | **Additional controls required** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **1**  |  Strikes to Head During sparring: Injuries: Concussion Broken or bleeding Nose.    | Participants  | Head guards, sparring gloves and gum shields are always worn and are mandatory. Boxers of roughly equal abilities should be sparring. Mismatches heighten the chance of injuries. A qualified 1st Aid trained person is present at all training sessions. Boxers are encouraged to spar with restraint. The aim of sparring is not to injure your opponent but to improve technique. An experienced coach supervises each sparring contest and boxers are not allowed to spar on their own. Sparring is carried out in accordance with regulations set down by the ABA. All injuries are to be reported to the Sports Manager on duty. First Aid will be provided and/or the Emergency Services called. An accident report form is to be completed for all Accidents.Sparring gloves can be either 14/16/18oz. | 4  | 3  | 12  | Coach/Participants responsible[**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thesubath.com%2Fpageassets%2Fresources%2Fsport%2FFirst-Aid-STV-poster.pdf&data=05%7C01%7Csu-boxing%40bath.ac.uk%7Ccf1fa8d4e0ac4887f45b08da4ac6d3a2%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637904515049871943%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=664U%2BjsJFzcQ%2FgO9a7Y3CDy8fJhpqByoZnkjjYcFLmU%3D&reserved=0)  |
| **2**  |  Major injuries during Competition. Knockouts resulting in Concussion, Unconsciousness, cuts.    |    Participant  | For all ABA events, it is mandatory that paramedics are in attendance along with a doctor. ABA officials and Judges are organised for each ABA event by committee members of the University Club. All ABA events follow the set guidelines available at<http://www.aiba.net/>- check the information is up to date. Confirmed by 18/19 Chair.  If members are ‘knocked-out’ in a bout they must be checked by the doctor present and shall not compete again until passed fit to do so by a Medical Officer nominated by his Association/Division (usually a period of 28 days) according to ABA rules and regulations (Section 2). The coaches at the club oversee this. All injuries in ABA bouts are covered by the association’s insurance.  | 4  | 3  | 12  | Event 17/02/14 ABA have confirmed one doctor for the fighters is adequate. Coach/Referee responsible  |
| **3**  |  Strikes to Body Injuries: stomach Injury   |   Participant  | Ensure that adequate training is taken to develop the relevant muscles to protect vital organs. Ensure fighters are adequately matched in skill level and size.Participants must notify the coach and other participants if they are injured or have any stomach related injuries pre-training.Instructor responsible for overviewing session and ensure that nobody is getting hurt   | 2  | 2  | 4  | [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thesubath.com%2Fpageassets%2Fresources%2Fsport%2FFirst-Aid-STV-poster.pdf&data=05%7C01%7Csu-boxing%40bath.ac.uk%7Ccf1fa8d4e0ac4887f45b08da4ac6d3a2%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637904515049871943%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=664U%2BjsJFzcQ%2FgO9a7Y3CDy8fJhpqByoZnkjjYcFLmU%3D&reserved=0) |
| **4**  |  Strikes to Groin    |   Participant  | Groin cups can be purchased. Optional in sparring but mandatory in competition. Strikes below the belt are illegal and uncommon in sparring. Coach responsible in training sessions to make sure that these types of strikes are avoided. If happened repeatedly round must be stopped. Referee responsible in competition. Fight will be stopped if occur repeatedly. | 1  | 2  | 2  | [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thesubath.com%2Fpageassets%2Fresources%2Fsport%2FFirst-Aid-STV-poster.pdf&data=05%7C01%7Csu-boxing%40bath.ac.uk%7Ccf1fa8d4e0ac4887f45b08da4ac6d3a2%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637904515049871943%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=664U%2BjsJFzcQ%2FgO9a7Y3CDy8fJhpqByoZnkjjYcFLmU%3D&reserved=0) |
| 5 | Muscle Strains or Sprains whilst running, weight lifting and/or boxing. | Participant | Boxers undergo a full warm-up and down before any training session. Spotters are used to ensure safety whilst weightlifting. Participants should build the training programme up gradually and should not lift free weights before being show by a qualified instructor. Coach will be responsible to ensure participants are training accordingly to their skill and fitness level. | 1 | 3 | 3 | [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thesubath.com%2Fpageassets%2Fresources%2Fsport%2FFirst-Aid-STV-poster.pdf&data=05%7C01%7Csu-boxing%40bath.ac.uk%7Ccf1fa8d4e0ac4887f45b08da4ac6d3a2%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637904515049871943%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=664U%2BjsJFzcQ%2FgO9a7Y3CDy8fJhpqByoZnkjjYcFLmU%3D&reserved=0) |
| **6** | Building and or equipment defects which could lead to a greater chance of injury e.g. slippery floors, defective lighting, problems with the assembly of the sparring ring etc | All | Club members should report any defects within the building to the Facilities Manager by e-mail. During competition, committee members must work with facility staff and ensure space/equipment is suitable for the activity/event. Any external companies providing equipment must visit the site and produce a risk assessment and method statement. (This includes the student society Backstage) | 2 | 1 | 2 | [https://www.thesubath.com/pageassets/resources/sport/Facility-Rules-Regulations-2019-20-Clubs-Groups-and-Organisations.pdf](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thesubath.com%2Fpageassets%2Fresources%2Fsport%2FFacility-Rules-Regulations-2019-20-Clubs-Groups-and-Organisations.pdf&data=05%7C01%7Csu-boxing%40bath.ac.uk%7Ccf1fa8d4e0ac4887f45b08da4ac6d3a2%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637904515049871943%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ng0kcTv%2FhcDtLLPNkIbInt3nV8rN9updMuxPmBxBeC8%3D&reserved=0)  |
| 8 | Controlled free sparring in class |  | First aid kit presentFirst aider on site No overcrowding; sparrers well-spacedInstructor supervisionSparring is controlled | 3 | 2 | 6 | Not yet allowed by England Boxing |
| 9 | Normal class training. Inc. fitness/warm up/cool down | Members training | First aid kit present First aider on siteMembers to notify instructors of health conditions prior to training Jewellery/piercings removed/taped | 2 | 1 | 2 | [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf) |
| 10 | Fire Evacuation Procedures | Everyone Present | Fire evacuation procedures in place on site, participants to follow the instruction of facility staff members.  | 4 | 1 | 4 |  |
| 11 | Dehydration/Exhaustion/Weather | participants | Insist on water being brought to matches and practice by all players. Act on the advice of coaches and officials if the player is unfit to continue.Apply appropriate protection in the form of sun cream. | 2 | 1 | 2 |  |
| 12 | People participating who are not medically fit | Participants | Ensure participants are eligible to participate – age, ability etc relevant to the sessionEnsure participants are medically fir to participate, enquire in sensitive and confidential | 3 | 3 | 9 |  |
|  | **Assessor signature:****Katie Cubitt** | **Print name:**Katie Cubitt | **Review date:**10/06/2022 |