Amber Valley School Sport Partnership Risk Assessment

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| Activity | ‘Tough Rower’ Indoor Rowing event |
| Reviewed | December 2019 |

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| Risk of Injury | Low Risk – No real medical attention required such as slight graze  Medium Low Risk – Need for some assistance, athlete able to continue but may need something such as ice pack for relief  Medium Risk – When an athlete requires more than ice treatment such as first aid equipment required for any cuts and bruises and if in a centre trained site site called  High Risk – Need for external first aid such as ambulance services |

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| Note to schools | Whilst the AVSSP aim to ensure that facilities and activities are safe and appropriate to ensure that all athletes leave the competition / event / day safely it is the RESPONSIBILITY OF THE SCHOOL to ensure that all children remain in their care and practice safely whilst in attendance.  A school responsibility will include the following which isn’t an exhaustive list; - toilet runs, safe practice when non participating, signing in and out, photo and medical consent, appropriate clothing and safety equipment such as shin guards. |

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| Hazard | Likelihood  1 Low – 10 High | Risk of Injury | Control Measures | Last know occurrence / expected number in last 12 months |
| Trips, Slips and falls from equipment | 3/10 | MLR | Any equipment will be checked by the activity lead for safety. Equipment will be set up in accordance to the guidelines that they came with along with knowledge and experience on the safest practice for young people. Students will be allowed to utilise the equipment if accompanied by an adult or sports leader.  All users will be expected to adhere to guidelines on how to safely move around the equipment including any wiring. | Not occurred recently  2 per annum |
| Injury resulting in banners, flags and speakers etc | 0.5 / 10 | LR | Children pulling on the banners, flags and speaker stands resulting in various injuries. Warnings will be given to children on such equipment and safe practice. Where possible speaker stands will be kept out of the way of children and ‘coned’ off to avoid children from trying to access the stands and speakers. Users and staff will be reminded of their responsibility to only use designated equipment. | Not occurred  0 per annum |
| Injury resulting from Equipment/faulty equipment/incorrect equipment (general) | 3/10 | MR | All equipment is checked by event organiser, equipment replaced if deemed unsafe, equipment used is appropriate for age related activities. | Not occurred  0 per annum |

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| Activity Specific | Indoor Rowing  Primary School Sites | | | Last know occurrence / expected number in last 12 months |
| Injuries from rowing machines | 2/10 | LR | Machines will be thoroughly checked beforehand for any unsafe features. Participants will be instructed of safe way to use the machines with those failing to do so continuously in risk of being banned from using them. Those who require additional support when using will be afforded this by SSP or school staff | Not occurred  1 per annum |
| Chairs and other equipment unsafe to use | 1/10 | LR | Staff will ensure that all equipment, such as the chairs young people sit are are safe to be used. Balls will be checked for any splitting. | Not occurred  0 per annum |
| Over exertion | 1/10 | LR | Races will be of an appropriate distance for those taking part with schools selecting their athletes for each race based on fitness levels and how many races they’ve already completed. Staff will be on hand to monitor participants | Not occurred  0 per annum |
| Tripping over wires/machines | 1/10 | LR | Machines will be plugged into software system as part of the event. All wiring will be out of the way where possible with any that could cause a potential trip hazard being clearly signposted. A no go area will also be set up where the majority of software etc will be housed. Safe to walk areas will be explained to users and support staff throughout the event. | Not occurred  0 per annum |
| Injuries while ‘messing around’ | 2/10 | LR | Students who attend are responsibility of school staff with any irresponsible behaviour while not participating to be monitored by event staff who will then advise school staff accordingly. This may include banning students from the equipment/event. | Not occurred  0 per annum |
| Collisions during ‘change overs’ | 1/10 | LR | Some races require students to quickly change over on machine usage. Teams are advised and given time to work out a change-over routine to limit risk of collisions with school staff overseeing their own team. In many cases races will be paused to allow for a changeover if the situation has the potential to be unsafe | Not occurred  0 per annum |
| Injuries from poor technique | 1/10 | MLR | A thorough demonstration will be given on how to safely use the machines by a qualified personal trainer with experience of rowing machine usage. Constant feedback and guidance will be given on technique and safety regarding machine usage. Staff will be observant of children’s technique and should any concerns arise based on this students may be removed from the machines for their own safety. | Not occurred  0 per annum |
| Issues from a range of students participating | 1/10 | LR | Younger students will be given extra support on technique and body position when using the machines. If participants are shown to be incapable of using the machines properly their participation may be finished. | Not occurred  0 per annum |
| Issues specific to disabled participants | 1/10 | MLR | Students without the coordination/strength/flexibility will be given additional support such as posture support, help with pulling the machine, help with reaching the handle etc. Wheelchair users will be able to access the machines with the chair’s breaks fully administered. One to one support for students with physical disabilities will be sought | Not occurred  0 per annum |

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| COVID-19 specific details | | | | |
| Cleaning of equipment/machines |  |  |  |  |
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