

Shinty Club

Health & Safety Risk Assessment

Activities

1) Junior/Senior Training & Matches 2) Travel to games/tournaments; 3) Clubhouse & Facilities

Date Completed	21.02.24	Review Date	21.02.25 (Review ahead of season start)
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Hazard is anything that can cause harm **Risk** is the chance, high or low, that someone will be harmed by the hazard

Process

1	Identify what can cause harm
2	Identify who might be harmed and how?
3	Evaluate the risks and decide on the appropriate controls, taking into account the controls already in place
4	Record risk assessment
5	Review Findings

		Potential severity of harm		
		Slightly Harmful 1	Harmful 2	Extremely Harmful 3
Likelihood of harm occurring	Highly unlikely 1	Trivial 1	Tolerable 2	Moderate 3
	Unlikely 2	Tolerable 2	Moderate 4	Substantial 6
	Likely 3	Moderate 3	Substantial 6	Intolerable 9

Risk rating is calculated by (Likelihood of harm R) x (Level of harm L)

Risk level	Action and Timescale
Trivial	No action is required to deal with trivial risks, and no documentary records need be kept (insignificant risk).
Acceptable	No further preventative action is necessary, but consideration should be given to cost-effective improvements. Monitoring is required to ensure, so far as reasonably practicable, that the controls are maintained.
Moderate	Efforts should be made to reduce the risk, but the costs of prevention should be carefully considered. Risk reduction measures should normally be implemented as soon as is practicable.
Substantial	Activity should not be started until the risk has been reduced. Significant resources may have to be allocated to reduce the risk. Where the risk involves work in progress, the problem should be remedied as quickly as possible.
Intolerable	Activity should not be started or continued until the risk level has been reduced. While the control measures should be cost-effective, the legal duty to reduce the risk so far as reasonably practicable is absolute.

1. Junior/Senior Shinty Training/Games – Braeview Park

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Poor behaviour/horseplay /abusive language etc from participants	Participants, Coaches, Spectators	<ul style="list-style-type: none"> All groups supervised by qualified coaches Player’s code of conducts Appropriate ratio of coaches to participants (i.e supervision levels) Junior groups arranged by age/ability to avoid clashes between players of unequal size/strength. Coaches ask individuals to sit out of training if repeated warnings 	2	1	2	

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Inclement weather	Participants, Coaches, Spectators	<ul style="list-style-type: none"> • Qualified coaches • Participants advised pre-training to wear suitable clothing for prevailing weather (wet; cold; hot) • If extreme temperatures or heavy/persistent rain/snow, coaches to decide if training will go-ahead. • Training will be cancelled during session if weather deteriorates to extent creates risk to play. 	2	1	2	<p>Parents of participants advised through social media and Whats App groups.</p> <p>Coaches to keep available contact details for parents.</p>
Portable goals falling on participants/or equipment failure	Participants, Coaches, Spectators	<ul style="list-style-type: none"> • No climbing on goals • Appropriate levels of coach supervision • Coaches check goals/equipment for any damage pre-training • Goals anchored with weights to prevent toppling 	1	3	3	<p>Any damaged goals/equipment to be taken out of use and securely stored until repaired.</p> <p>Replace existing metal goal frames with lighter and more mobile goals to facilitate movement (i.e reduce manual handling) and so they can be easily stored/secured when club not using them in a designated area.</p>

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Contact with animal faeces on pitch areas	Participants, Coaches, Spectators	<p>Coaches conduct pre-check of all playing areas and remove any material prior to training commencing.</p> <p>Participants advised to highlight any evidence of dog fouling etc.</p> <p>Signage posted around pitch about dog fouling. Obtain signage from Env Health Dept.</p>	2	2	4	Speak with Council to arrange routine dog warden patrols in area
Injury from being struck by a ball or caman, or coming into contact with object (i.e stored materials at side of pitch) whilst playing.	Participants, Coaches	<p>Rules of play clearly defined to participants.</p> <p>Supervision of groups by Qualified coaches</p> <p>All juniors & U25 participants to wear helmets</p> <p>Training groups split into similar age & abilities</p> <p>Pitch area and surrounding area (min 6ft distance from pitch side) to be kept free of any stored materials or discarded items.</p>	2	2	4	

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Participants injured through a natural injury such as pulling a muscle, strains etc.	Participants	<ul style="list-style-type: none"> • Players should warm up and cool down properly before and after matches and training sessions • Coaches qualified to appropriate standard to ensure participants are ready to play • First Aid Kit available for each age group at training • Players with injuries or medical complaints should let these be known to their coach prior to training. • Coaches/Fitness trainers to emphasise importance of warming up and stretching properly before and after games. 	2	1	2	All coaches to have undertaken relevant sports injury 1 st aid training.
Non-participating Club officials/coach/ spectators being struck by a ball or caman	Spectators, Referees, Public users	<ul style="list-style-type: none"> • Playing area and spectator area clearly defined • Barrier in place between pitch and spectators that ensures minimum 6ft separation distance. 	2	2	4	<p>Consider extending barrier or adding temporary barrier where larger crowd anticipated to ensure minimum separation distance (6ft) at the corners of pitch.</p> <p>Consider some permanent signage at pitchside barrier highlighting risk of injury if encroach on field of play.</p>

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Lost Children – Junior Training	Participants, Coaches	<ul style="list-style-type: none"> Coaches to have register of children for class and record who attending session. Children P3 & Under to ALL be collected by parents at finish of training. Children between P4-P7 only permitted to walk home if consent provided by parents. 	1	3	3	Coaches to ensure they have up to date register of children attending training and contact details for parents and/or guardians.
Dehydration/Exhaustion	Participants	<ul style="list-style-type: none"> Players encouraged to bring water bottle to training. Water is available from clubhouse Regular drink stops Sun-screen and caps recommended Club water bottles regularly washed and sterilised after use. 	1	2	2	

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Uneven ground; Holes in pitch; Foreign Objects on playing surface	Participants; Coaches; Spectators	<ul style="list-style-type: none"> Coaches/Senior Players check pitch pre-session. Any identified foreign objects/sharps removed prior to session. Any holes (rabbits) should be filled. Material to fill them available in senior store. Rabbit control measures periodically implemented. 	2	2	4	<p>Club representative regularly inspects pitch for damage by rabbits. All holes filled in prior to games.</p> <p>Long term consideration be given to securing pitch area with rabbit proof fencing.</p>
Participants wearing jewellery with risk of injury	Participants	<ul style="list-style-type: none"> All jewellery (i.e earrings) has to be removed or taped up before a session or a game. 	1	2	2	
Unstable/poorly positioned Media/Filming platform	Participants, user of platform; spectators	<ul style="list-style-type: none"> Suitable and stable working platform positioned behind pitchside barrier. (i.e at least 6ft from playing surface area.) 	2	2	4	<p>Consider sterile area around platform/trailer to prevent encroachment of spectators</p>

2. Indoor Junior Club Shinty Training – Phipps Hall, Beaully

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Poor behaviour/horseplay /abusive language etc from participants	Participants, Coaches, Spectators	<ul style="list-style-type: none"> • Qualified coaches • Players code of conducts • Appropriate ratio of coaches to participants (i.e supervision levels) • Groups arranged by age/ability to avoid clashes between players of unequal size/strength. 	2	2	4	Coaches ask individuals to sit out of training if repeated warnings
Participants jumping from stage directly onto playing area	Participants	<ul style="list-style-type: none"> • Players code of conducts • Adult supervision on stage area to direct participants to stairs and stop any jumping from stage. 	2	2	4	Coaches ask individuals to sit out of training if repeated warnings

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Participants injured by another player through being struck by a ball or caman	Participants, Coaches, Spectators	<ul style="list-style-type: none"> Rules of play clearly defined Qualified coaches All participants to wear helmets & shin guards Training groups split into similar age & abilities Only first shinty plastic sticks permitted to be used. Only soft first shinty ball permitted to be used. 	2	2	4	Participants recommended to wear protective gloves
Participants injured by being pushed into wall or radiators around hall	Participants	<ul style="list-style-type: none"> Rules of play clearly defined Qualified coaches All participants to wear helmets & shin guards Training groups split into similar age & abilities 	2	3	6	Coaches ask individuals to sit out of training if repeated warnings
Slips/Trips	Coaches, Participants, Spectators	<ul style="list-style-type: none"> Community Hall is well maintained by Highlife Highland Coaches remove any chairs/materials etc from hall prior to training sessions All drinks/fluids to only be consumed on stage area. 	2	2	4	

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Fire/False Alarm	Participants, Coaches, Spectators	<ul style="list-style-type: none"> • Fire alarm detection system within Phipps Hall • No smoking permitted within hall • Highlife Highland provide evacuation plan for hall. Several exists from hall and stage areas. • Appropriate ratio of coaches to participants (i.e supervision levels) • Coaches to have register for all participants at the training sessions and the contact details for parent/guardians. 	1	3	3	<p>Coaches to call 999 immediately if fire and evacuate the hall.</p> <p>Coaches to notify Highlife Highland immediately if any false alarms.</p>
Dehydration/Exhaustion	Participants	<ul style="list-style-type: none"> • Players encouraged to bring water bottle to training. • Water is available from kitchen and drinking point in toilets. • Regular drink stops 	1	2	2	

<p>Participants injured through a natural injury such as pulling a muscle, strains etc.</p>	<p>Participants</p>	<ul style="list-style-type: none"> • Players should warm up and cool down properly before and after matches and training sessions • Coaches qualified to appropriate standard to ensure participants are ready to play • First Aid Kit available for each age group at training • Players with injuries or medical complaints should let these be known to their coach prior to training. 	<p>1</p>	<p>2</p>	<p>2</p>	<p>Coaches/Fitness trainers to emphasise importance of warming up and stretching properly before and after games.</p>
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3. Astro Training – Insert location

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Poor behaviour/horseplay /abusive language etc from participants	Participants, Coaches, Spectators	<p>Qualified coaches</p> <p>Players code of conducts</p> <p>Appropriate ratio of coaches to participants (i.e supervision levels)</p> <p>Groups arranged by age/ability to avoid clashes between players of unequal size/strength.</p>	2	2	4	Coaches ask individuals to sit out of training if repeatedly warnings
Participants injured by another player through being struck by a ball or caman	Participants, Coaches, Spectators	<p>Rules of play clearly defined</p> <p>Qualified coaches</p> <p>All participants to wear helmets & shin guards</p> <p>Training groups split into similar age & abilities</p>	2	2	4	
Slips/Trips	Coaches, Participants, Spectators	<p>Astro Pitch are well maintained by Highlife Highland</p> <p>All portable goals and training equipment moved away from playing area prior to session commencing.</p>	2	2	4	

Dehydration/Exhaustion		<p>Players encouraged to bring water bottle to training.</p> <p>Water is available from clubhouse</p> <p>Regular drink stops</p>	1	2	2	
Participants injured through a natural injury such as pulling a muscle, strains etc.	Participants	<p>Players should warm up and cool down properly before and after matches and training sessions</p> <p>Coaches qualified to appropriate standard to ensure participants are ready to play</p> <p>First Aid Kit available for each age group at training</p> <p>Players with injuries or medical complaints should let these be known to their coach prior to training.</p>	1	2	2	Coaches/Fitness trainers to emphasise importance of warming up and stretching properly before and after games.

4. Travel to Games & Tournaments

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Club Minibus breakdown/Accident	Participants; Coaches	<p>Mini bus serviced regularly</p> <p>Valid MOT always in place</p> <p>Coaches have contact details for all junior player parents and guardians.</p> <p>Always to be minimum two adults on bus when travelling with junior (<18yrs old) players</p> <p>Only designated minibus drivers named on Clubs driving insurance permitted to drive bus.</p> <p>Battery Jump Leads to be carried on bus at all times.</p>	2	2	4	Membership of AA/RAC/ vehicle recovery?
Poor behaviour on bus distracting driver.	Participants; Coaches	<p>Players code of conduct</p> <p>Always to be minimum two adults on bus when travelling with junior (<18yrs old) players.</p> <p>Seat belts to be worn</p>	2	3	6	Persistent offenders on bus to be dropped for away games if necessary, or required to make own way to the game.

5. Clubhouse Facilities & Storage Areas & Equipment

List of Hazards	Harm To?	Existing Control Measures	Risk Rating			Further Control Measures
			R	L	I	
Slips/Trips	Participants, Coaches, Public	<p>Clubhouse well maintained</p> <p>Cleaner carries out weekly clean up in clubhouse.</p> <p>Defect reporting system in place.</p> <p>Players wearing studs not permitted in front door of clubhouse and must enter changing rooms at rear.</p> <p>Wet floor signs displayed after cleaning or spillages</p> <p>Carpet at entrance door to wipe feet</p> <p>Paths/steps around clubhouse well maintained.</p>	1	2	2	
Electric Shock	Participants, Coaches, Public	<p>Fixed electrical installation periodically inspected and maintained as required.</p> <p>All portable electrical appliances subject to annual PAT testing and visual checks.</p> <p>All junior players (<18yrs) not permitted within the clubhouse store cupboard where electric switchboard located.</p>	1	3	3	<p>Consider obtaining a Electrical installation Condition Report (EICR) for clubhouse</p> <p>Maintain register of portable electrical equipment in clubhouse.</p>
Burns from cooker/heaters/Urns	Participants, Coaches, Public	<p>Kitchen kept locked when not in use.</p> <p>All junior players (<18yrs) not permitted</p>	1	3	3	Any damaged item of electrical equipment should be taken out of use

		<p>in kitchen area unless supervised by adult.</p> <p>Kitchen cookers and Hot Water urns only permitted to be used by adults</p> <p>Changing room heaters positioned at height to avoid direct contact.</p>				immediately and replaced.
External Storage Areas	Participants, Coaches, Public	<p>Good housekeeping within store rooms, and equipment container.</p> <p>Solar PIR lights fitted that switch on when enter store rooms.</p> <p>All pitch liner/fertiliser/paints/fuel etc kept in the locked senior store.</p> <p>All junior players (<18yrs) not permitted in Senior store unless accompanied by adult.</p>	2	2	4	Consideration to additional solar PIR lighting at rear of clubhouse and entrance to external stores.
Grass gang mower	Participants, Coaches, Public	<p>Mower stored externally safe distance away from ALL training areas.</p> <p>Junior players warned not to play or climb on mower</p>	2	3	6	Crowd barriers to be used to secure grass mower when not in use. Consider permanent signage advising not to play/climb on mower

Sources of Information for this assessment	Expected Review Date
Club Coaches; Club Committee Members and Club Members	21/02/2025 (Ahead of new season)
<p>Club President/Chairman</p> <p>Signed: (On behalf of Club Committee)</p> <p>Assessor:</p> <p>Signed:</p>	

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