



## Health and Safety Risk Assessment – Field Hockey

Sports Club	Xcel Hockey Coaching	Assessment No.	1
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Site	Warners Bridge Park	Location	Warners Bridge Park Sumpters Way, Southend-on-Sea, Essex, SS2 5RE		
Subject of Assessment		The assessment will consider the risks associated with Field Hockey as completed within the company’s camps. Potential risks include serious injury.			
Assessed by	Siân Waite	Date	21/02/2024	Review date	

Hazards and Risks		Existing Control Measures	Who Might be Harmed?	Further Action
1.	Frozen pitches	Pitches inspected before use.	Players and coaches	If pitches freeze during the session, coaches must stop the session.
2.	Excess people in the pitch (not directly involved in the sessions for the camp)	Only people directly involved in the session(s) to be allowed onto the pitch.	People on pitch	

3.	Floodlights in good working order	Nobody to enter the pitch before floodlights are switched on (if needed). If floodlights switch off during the session, play is to stop until floodlights can be switched back on. If one floodlight is switched off, play may continue in well lit areas of the pitch.	Players and coaches	Facilities may need to be called to switch on the floodlights.
4.	Goals on pitch	Goals inspected before use. Any damaged goals not used. Any goals that are in the way of the playing area are moved.	Players and coaches	
5.	Dugouts are secure and in good condition	Dugouts inspected before use. If damaged, the dugouts are not used.	Players, coaches and managers	
6.	Skill level and number of coaches	All lead coaches to hold EH Session Coach or above. Number of coaches/assistants/helpers should be in accordance with EH guidelines: <b>U8s:</b> 1 adult : 8 children (with a minimum of 2 adults) <b>O8s:</b> 1 adult : 12 children (with a minimum of 2 adults)	Players	Coaching needs to be reviewed before the camp starts. Player numbers to be checked before the camp to ensure coach:player ratios are met in line with EH guidance.
7.	Players unsupervised	Players should not be on the pitch until a minimum of 2 coaches are there to supervise.	Players	Need to consider a contingency plan for if coaches are running late/players turn up early for the camps.
8.	Risk of injury through not warming up correctly	Supervised warm ups to be run for each session.	Players	
9.	Hockey balls being hit across pitches during training sessions	Organise exercises so that players are not hitting the ball into each other.	Players and coaches	
10.	People being hit by a ball whilst shooting exercises are happening	Players and coaches should not stand behind or close to the goals.	Players and coaches	

11.	Gumshield and shin pads worn	Gumshield and shin pads are compulsory for junior players. Coaches/managers will check that all players have this on arrival.	Players	Players will not be allowed to take part in the session if they do not have gumshield and shin pads.
12.	Medical records available	Players register using appropriate forms.	Players	Need to ensure information is available to manager and coaches (if needed).
13.	Emergency contact numbers available	Players register using appropriate forms.	Players	Need to ensure information is available to manager and coaches (if needed).
14.	Not knowing who participants are	Register to be taken at the beginning of each camp.	Players	
15.	Risk of injury	Qualified first aider at each camp. Ensure there is at least one first aid kit available at each session. Incident report form to be completed for each incident requiring first aid.	Players and coaches	Completion of online England Hockey incident reporting form, as well as Xcel Hockey Coaching accident report form.
16.	Child welfare	All people working with children are DBS checked and have appropriate safeguarding training.	Players	
17.	Unauthorised taking of photos/videos	All players complete a photo consent when registering for the camp. Photos/videos will only be taken of those who have given consent.	Players	