

GRANTHAM SQUASH AND FITNESS CLUB - RISK ASSESSMENT 2022/23

Grantham Squash Club activities (training, coaching, games and matches) are predominantly carried out at its premises, while some matches take place at other venues. A thorough program of warm-up exercises should be carried out at the beginning of every practice. All participants and parents must read the Club Risk Assessment and Code of Conduct. Club members over the age of 16 are entitled to use the fitness facilities at the club, however they must all undergo an initial induction by the club's fitness instructor to ensure correct use of the equipment and suitable level of fitness for such activity. It is mandatory that the induction form is signed off by the instructor before a door key fob can be issued.



Please note that the risk assessment process MUST be 'on-going' and 'dynamic' i.e. judgements and decisions regarding safety will need to be made DURING the activity. If the control measures are insufficient, the activity must not proceed. It is the responsibility of all our members for their own safety. Grantham Squash Club (GSFC) adheres to NSPCC codes of conduct as applied for sport. Its procedures are available on request. GSFC strictly adheres to England Squash Safeguarding and protecting young people in squash policy, procedures & guidelines. All policies and procedures are available on request. This Assessment covers court usage by GSFC members and juniors. It does not cover other members of the public who may use the courts.

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Dangerous or faulty facilities e.g. door hanging off hinges, slippery flooring, poor lighting/faulty tubes, faulty heating, broken boards etc which can lead to sub-standard courts and a heightened chance of injury to the player.	Reporting all faults in the squash courts to the club manager immediately.	Severity: High Likelihood: Rare	All injuries/accidents must be reported to the coach or club manager. If faults are not corrected within a reasonable time period, raise the issue with County Association and England Squash (ES).
Squash court floor surface: a slippery or wet floor can lead to injuries to players during the course of the game.	Ensure that the correct footwear is used by all players. The floors should be cleaned and/or swept by the cleaner a regular basis so that dust is removed. The floors should be unsealed, with red painted lines and regularly checked for split boards. Coach to report any faults to the appropriate person as soon as possible.	Severity: High Likelihood: Infrequent	England Squash Technical Sheet No. 12 for guidelines for 'Safety on Squash Courts'. If courts are not cleaned on a regular basis, speak to the club manager.
Inadequate heating and ventilation provided in squash courts. Players can suffer from dehydration in the latter case.	The Squash courts/venue should have both heating and ventilation. The ventilation (no cooling) switches on when court lights are activated. The heating operates during times of usage by independent thermostats and is set to recommended temperatures for play throughout the year (17-21degrees C) as recommended by England Squash.	Severity: Medium Likelihood: Infrequent	England Squash Technical Sheet No. 12 for guidelines for 'Safety on Squash Courts'. If courts are not cleaned on a regular basis, speak to the club manager.
Poor quality coaching, leading to increased risk of injury to players.	GSFC will ensure that all coaches are England Squash approved and have all their qualifications and insurance and DBS checks on an annual basis. Coaches will also be assessed annually and attend the appropriate courses.	Severity: Low Likelihood: Low	If coaches do not have all their required certificates and filed with England Squash (ES), they will not be permitted to coach.

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Injuries to players entering the court/or without checking if another game is in progress. Injuries could vary from bruising to broken bones from collision injuries (with player, racket or ball). Players are not to enter a court without first checking the eyehole and knocking on the door and waiting for players to acknowledge the end of their game. Play only to be with the door fully closed.	Participants will be informed by the coach of the safety checks before starting any coaching activity. Spectators must observe play from the balcony/viewing area, so standing at the back of the court is strictly prohibited, unless with agreement from a coach where a net is used (at an agreed distance).	Severity: High Likelihood: Very rare	Signage provided on the squash court doors, and all coaches to teach players these guidelines and safety procedures.
Lack of a warm-up resulting in muscular injury. Proper warm-up routines included at the start of each training session/match. Stretching and a warm-down after a game are advised to reduce the chance of muscle soreness.	Stretching and a warm-down after a game are advised to reduce the chance of muscle soreness.	Severity: Low Infrequent	Likelihood: England Squash Technical Sheet No. 13 for guidelines for 'Safety Code for Players'.
Injury brought about by not having an appropriate level of fitness or not having full knowledge of how the game should be played.	Advice given regarding the level of fitness required and the rules of the game to be observed. Squash players informed not to play if they a) have just had a meal b) have been ill or c) are experiencing unexplained chest pain or breathlessness. If any player feels unwell during a game, he/she is to stop playing.	Severity: Medium Low	Likelihood: England Squash Technical Sheet No. 13 for guidelines for 'Safety Code for Players'.
Eye injuries resulting from a blow from a racket, ball or collision with another player.	It is recommended that eye protection is worn by all players while on court. Protectors must be unbreakable (lenses as well as frames) and contact lenses should be soft.	Severity: High Likelihood: Rare	England Squash Technical Sheet No. 14 for guidelines for 'Eye Protection for Squash Players'. Eye protectors worn should be specifically designed for Squash. It is particularly recommended that eye protection is always worn for doubles squash.
Being hit by a ball resulting in a variety of injuries from general bruising to the body to more severe trauma.	Eye protection as above. Ensure that players have 'good court awareness' and 'lets' are played as required during the course of the game. For less experienced players, coaching should remove the need for 'flailing straight arm shots'.	Severity: Medium Low	Likelihood:

HAZARD (cont.)	CONTROL MEASURES IN PLACE (cont.)	RISK FACTOR (cont.)	FURTHER CONTROL MEASURES (cont.)
Being hit by opponent's racket during the course of the game, resulting in variable injuries but probably upper limb injuries.	Ensure that players have 'good court awareness' and 'lets' are played as required during the course of the game. For less experienced players, coaching should remove the need for 'flailing straight arm shots'. Rackets should be in good order and checked for any sharp edges.	Severity: Medium Low-medium	Likelihood:
Medical conditions requiring medication.	All players should bring medication which they may require to the courts e.g. asthma inhalers. Club members and coaching participants are required to be clear about any major medical conditions which could prove a problem, by advising the coach and/or committee in advance.	Severity: High Rare	Likelihood: If a player has a major medical condition, he/she is advised to inform the committee/coach of their condition, so that the necessary steps can be taken immediately to address a problem relating to the condition during a match or training session.
Blood cross-contamination.	All blood should be cleaned up and gloves should be worn to prevent cross-contamination. The first aid box is available from the manager's office or from the bar.	Severity: High Very rare	Likelihood:
People or objects falling from observing balcony.	All GSFC members, coaches and juniors.	Severity: High Likelihood: Very rare	Be aware of objects placed on the balcony and stop play if tA4:D16above (Committee responsible).
Dehydration and fainting.	All GSFC members, coaches and juniors.	Severity: High Very rare	Likelihood: Ensure juniors have enough water when playing. All juniors reminded about importance of keeping hydrated. Allow time within sessions for water breaks. Adult members to bring own water drinks. A water fountain is available close to all the courts.
Safeguarding of juniors.	All juniors.	Severity: High Very rare	Likelihood: GSFC adheres strictly to ES safeguarding and protecting young people in squash policy, procedure and guidelines. Parent Consent and medical information is reviewed annually. All coaches' membership is renewed and up-to-date. All coaches DBS checked.
Ball becomes trapped in the court heater so the heater sets light to the ball causing a potential fire hazard dropping onto court.	All GSFC members, coaches and juniors.	Severity: High Very rare	Likelihood: If a ball becomes trapped, players must notify the club immediately.