

Risk Assessment Form

Club	Lincolnshire Bombers	Assessment No:	LB - 01	Assessment Date:	Sep 2023
		Assessment Type (Delete as appropriate; see Note 1)			
		Generic	Dynamic	Specific	
Task/Activity: American Football related activities including all preparation and training activities and playing matches.					
Assessor			Team representative Acceptance (See Note 2)		
Name:	A N Thompson	Name:	Milford		
Position	GM	Rank/Grade:	Secretary		
Signature:	Signed electronically	Signature:	Signed electronically		
Background	This risk assessment covers the operations and participation of activities arranged and organised by the Lincolnshire Bombers American Football Club. American Football is a high-speed collision-based sport, as such even with the inclusion of adequate control measures some risks will still hold a higher than normal residual risk rating. 1. This risk assessment covers overall risk associated with Lincolnshire Bombers activities across all locations, including both adult and youth teams. 2. It is recommend that specific / dynamic Risk Assessment are carried out for each location outside of memorial hall that the Lincolnshire Bombers will conduct football activities at.				

Hazard	Risk	Who is at Risk? (See Note 7)			Control Measures (See Note 6)	Risk Rating (L X S =) (See Note 3)	Additional Controls (See Note 6)	Residual Risk Rating (L X S =) (See Note 3+4)	Remarks
		P	S	T P					
Qualification of coaches	Injury to players through training malpractice.	X			- At least one of HC, OC, DC, STC or other coach to have completed the BAFA Level 2 qualification. - All coaching staff – Head Coach (HC), Offensive Coordinator (OC), Defensive Coordinator (DC) and positional coaches to hold BAFA Level 1 qualification. - Assistant coaches to be supervised by a BAFA Level 1 qualified coach. - Academy coaches to hold current and valid DBS verification.	3X4 Med	- General Manager (GM) to maintain qualification list for all coaches. - OC, DC and positional coaches to create training sessions plans. - HC to confirm overall coaching session cohesion structure prior to session commencement. - If no qualified coach available - no sessions happen.	1x4 Very Low	If no qualified coaches available no session can occur.
Ineligible players participating in training or game sessions	Contravention of BAFA regulations and removal of BAFA registration.	X			- GM to maintain registration list. - Eligibility list to be printed and present each training or game session.	1x4 Very Low		1x4 Very Low	

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Staffing – Adult/Child ratio		X		X	1. NGB ration applies	3 x 3 Low	1. A minimum of two coaches in attendance for an Academy session to run	3 x 3 Low	
Medically unfit players participating in training or game sessions	Legal Liability for the Lincolnshire Bombers	X			1. All players to sign medical declaration waiver prior to training or game sessions.	3x4 Med	1. All players to encouraged to hold personal injury insurance as directed by BAFA.	2x4 Low	Fitness declaration is based on honesty of players. I believe it is not possible to reduce this risk any further.
Condition of playing/training surfaces	Slips, trips, falls, sprains or breaks.	X	X	X	1. Senior coach present to conduct inspection of the playing surface to ensure suitability for use. 2. Access to qualified first aider, first aid kit and telephone to be provided. 3. Ensure all participants are wearing appropriate footwear.	3 x 4 Med	1. Specific RA to be conducted for each location the club utilise.	2 x 4 Low	

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Playing equipment	Impact injuries	X			1. Coaches to ensure participants are wearing correct equipment required for (i.e. Helmet, Shoulder pads, Lowers -girdle and pads, gum shield for full contact activity) 2. Participants are correctly trained in the use of playing equipment. 3. Coaches to ensure playing equipment is of correct standard and condition prior to use.	4x4 High	1. Fitting training should be provided. Refer players to equipment fitment guides on Football America store website. 2. Coaches are to encourage players to adopt a buddy-buddy system of equipment checking prior to game or practice session. 3. Senior coach present to have contact details of local emergency medical facility.	3 x 4 Med	
Rugby Posts	Collison with equipment	X			1. Ensure posts are inspected prior to use for damage. 2. Ensure post protection pads are fitted prior to use.	3x4 Med	1. Inform location manager of any faults found during initial inspections.	2x4 Low	

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Strains and injuries during or after play	Injury	X	X		1. Ensure recognised BAFA training methods are always employed. 2. Ensure adequate warm up and warm downs sessions are conducted. 3. Ensure participants are wearing the correct equipment required for the activity.	3x4 Med	1. Provide access to qualified first aider, first aid equipment and telephone. 2. OC, DC and positional coaches to create training sessions plans. 3. HC to confirm overall coaching session cohesion structure prior to session commencement. 4. Senior coach present or have contact details of local emergency medical facility.	3 x 3 Low	

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		P	S	T P					
Weather conditions	Dehydration, Heat stroke, Sunburn, Hypothermia, Thunder, Lightning	X	X	X	1. Regular drinks break to be factor into training sessions. 2. Encourage all participants to wear appropriate clothing dependant on weather conditions. 3. Ensure all participants have access to sun protection as required. 4. Terminate training or game sessions until lightning has passed (30 minutes minimum time to be elapsed post thunder or lightning)	2 x 5 Med	1. Participants to pride individual liquid supplies. 2. Water bucket and supply of drinking vessels to be provided at game sessions.	1 x 5 Low	

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Tackling	Injuries to head, neck, upper body, limbs, knees and ankles	X	X		1. Coaches to ensure all players Offense and Defence are taught tackling techniques IAW BAFA guidelines. 2. Compulsory equipment is worn relevant to the levels of contact – Control, Thud and Live Action. 3. Participants complete a full warm up prior to contact sessions.	3 x 5 High	1. Coaches will follow the five levels of tackling contact – Air, Bags, Control, Thud and Live Action. 2. Stress throughout training that the head is to be removed from the tackling area. Head is always to be up to protect the neck and spine	2 x 5 Med	
Chewing gum	Choking	X	X	X	1. Chewing gum whilst playing or training is to be banned by coaching staff.	1 x 5 Low		1 x 5 Low	
NHS emergency vehicles	Risk of injury from debris or vehicle collision	X	X	X	1. All participants are to vacate the area of emergency helicopter assistance is required. 2. All participants to be aware of the emergency vehicle presence during sessions.	1 x 5 Low	1. Coaches to gather players in a safe location away from landing or vehicle entry site. 2. Coaches to ensure all equipment is removed from landing or entry site as required.	1 x 5 Low	

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Travelling to and from training or game sessions	Tiredness whilst travelling	X	X	X	1. GM to ensure that adequate travelling time is planned or requested for participants from long distances. 2. Where required accommodation provision are to be confirmed by GM prior and disseminated to participants.	3 x 5 High		2 x 5 Med	

Assessment Review (See Notes 2 and 5)							
Review Date:		Review Date:		Review Date:		Review Date:	
Name:		Name:		Name:		Name:	
Rank/Grade:		Rank/Grade:		Rank/Grade:		Rank/Grade:	
Signature:		Signature:		Signature:		Signature:	

Notes:

- 1 If using a 'Generic' risk assessment, Assessors and Line Managers are to satisfy themselves that the assessment is valid for the task and that all significant hazards have been identified and assessed. If additional hazards are identified they are to be recorded and attached to the Generic assessment.
- 2 Line Managers are to note that they are responsible for production of the risk assessment and that they are signing to indicate that the risk assessment is suitable and sufficient, and they consider the risks to be acceptable.
- 3 When recording the Risk Rating ensure that both the Likelihood and Severity scores are included.
- 4 Record the residual Risk Rating to demonstrate that the risk has been reduced to an acceptable level.
- 5 Risk Assessments are to be reviewed annually and/or:
 - If there is reason to doubt the effectiveness of the assessment.
 - Following an accident or near miss.
 - Following significant changes to the task, process, procedure or Line Management.
 - Following the introduction of more vulnerable personnel.
 - If "Generic" prior to use.
6. Each Control Measure is to be specific and managed.
7. Specify all persons at Risk, including Contractors, Visitors, Members of Public (**P – Players, S – Staff including Coaches, Managers and Referees and TP – Third Parties which includes visitors to fixture, vulnerable groups – elderly, pregnant workers, those with underlying health conditions, supporters when clearance given to attend, and anyone else who physically comes into contact with training groups and individuals.**)

				Severity (S)				
				Negligible	Minor	Major	Critical	Catastrophic
				Trivial	Minor	Serious	Major	Fatality
				1	2	3	4	5
Safety (RtL) and Environmental Impact considerations. As defined in AP 8000, Part 1, Chapter 3.1 - Safety Risk Management & Management of Safety								
Likelihood (L)	Frequent	Certain	5	Low	Medium	High	Very High	Very High
	Occasional	Likely	4	Very Low	Low	Medium	High	Very High
	Remote	Possible	3	Very Low	Low	Low	Medium	High
	Improbable	Unlikely	2	Very Low	Low	Low	Low	Medium
	Incredible	Rare	1	Very Low	Very Low	Very Low	Very Low	Low

Very High	Rigorous scrutiny of control measures required to ensure ALARP, improve control measures where possible; consider stopping work unless continuation is justified as essential to the military context. Conducting activities at this level of risk will require formal consideration and acknowledgement from the appropriate Duty Holder, Commander, Head of Establishment or nominated Responsible Person who is charged with Risk Ownership.
High	Rigorous scrutiny of control measures required to ensure ALARP, improve control measures where possible; consider stopping work unless continuation is justified as essential to the military context. Conducting activities at this level of risk will require formal consideration and acknowledgement from the appropriate Duty Holder, Commander, Head of Establishment or nominated Responsible Person who is charged with Risk Ownership.
Medium	Review control measures and improve if reasonably practicable to do so, consider alternative ways of working. Consider informing command chains of any changes and requesting additional resource/levers/authority to apply additional controls that may reduce the residual risk further.
Low	Maintain control measures and review regularly or if there are any changes that may impact either Severity or Likelihood.
Very Low	Maintain control measures and review at least annually to ensure that any changes to the residual risk, or effectiveness of controls are not re-introducing a credible RtL or potential Environmental impact.