

UNIVERSITY OF OXFORD SPORTS FEDERATION

RISK ASSESSMENT

Oxford University Ultimate, OW!

Prepared by James Famelton (Club President 2020-21)

Activities usually carried out by the club:

- Training sessions (three/four 1-2hr practices per week)
- University tournaments: indoor and outdoor regionals and nationals in men's, women's and mixed divisions.
- Annual Varsity Games vs. Cambridge: indoor and outdoor matches
- Socials (e.g. film nights, cocktails, clubbing)

HAZARD	CONTROLS MEASURES	RISK	FURTHER CONTROL MEASURES
Insufficient lighting to clearly see other players or discs – increase in risk of collision and injury.	<u>Outdoor:</u> Play is stopped when it gets dark or artificial lighting is used where available. <u>Indoor:</u> Lighting is assessed on entry and, if inadequate, playing is ceased and reported to management.	Low	None.
Other users of Iffley Rd gym hit and injured by flying discs	Nets cordoning off viewing gallery from sports hall will be pulled across during practices.	Low	None.
Players may trip and injure themselves on kit left lying around.	Players must not leave their personal belongings in the area of play. They should be placed in a locker or at the side of the training area, well out of harm's way. Before training the area is scanned for untidiness and the offending articles removed.	Low	None.
Broken and bruised fingers.	This can happen when catching the disc, especially with cold hands. Warming up hands before catching is the best way as well as being confident when catching the disc so that an injury is not caused due to tentativeness.	Low	For all injuries: ice and cold compresses are available at Iffley Road Gym, most indoor venues and outdoor competitions in the event of an injury. The team has qualified first aiders who have been trained by the OU First Aid Unit and are ready to assist players when present at practices and competitions. We will also ensure that a well-stocked first aid kit is available for use at ALL sessions. For those seriously injured, we will make arrangements for them to be taken to the nearest A&E dept. (Oxford JR Hospital) to seek further treatment. At tournaments in other cities, it

			is the job of the Safety Officer to know the nearest hospital.
Broken, cut or bruised elbows.	When 'laying out' the correct technique is to land on your chest to avoid injury. Players who land with their elbows first risk injury. Better technique and more practice of 'laying out' will reduce this occurrence. Playing indoors will increase the risk of injury as the ground is harder and greater care should be taken by the player to ensure correct form.	Low	
Cut or bruised knees.	As for cut elbows etc.	Low	
Bruised or broken wrists and hands.	As for bruised elbows etc.	Low	
Bruised or broken shoulders, collar bones, etc.	As for knees and elbows, except this occurs when a player twists on to his side in the air and then lands on his shoulder. This injury can also occur during the collision of two players during a match. These injuries are purely accidental and can happen when running or when both jumping for the disc. Better care for both your own and opponent's safety by being fully aware of your situation on the pitch will reduce collisions. Players should realise that ultimate is a non-contact sport and take great care when jumping for a disc with an opponent. Indoors will increase the risk of injury as hitting the ground will be far harder on the body.	Low	Ultimate is a non-contact sport so injuries should be very few with the real major risk of injury being collision with another player. For serious injuries, see response above.
Broken legs, ankles etc.	It is very important, before playing a match or before training, that players take part in a warm-up, in order to stretch all the necessary muscles and limbs that will be used in the match. This will help the player reach the required conditioning and fitness level, enabling them to fully participate and reduce the risk of injury. Anyone who turns up late to a practice is made to warm up and stretch before participating in the session.	Low	
Muscle fatigue, cramp, sore/stiff joints, etc.	It is very important that players warm-down at the end of every match or training session (a hot bath or shower can also help). During exercise the body loses vital fluids and salts, so it is important to replace them as soon as possible afterwards. Drinking slightly salted water or isotonic drinks helps prevent muscle fatigue and cramp.	Medium	For longer-lived stiffness or muscle injury, players should refer to their GP or attend a sports physiotherapist.
Head injuries	Collisions of heads on heads or on other body parts can occur similar to the	Low	When head injuries and concussion occur it is

	<p>collisions previously, and again players should be careful when chasing a disc and not being aware who else is closing in on it. Communication (e.g. calling a name on the disc) will reduce collisions between players of the same team.</p> <p>A flying disc is also capable of some damage to the face and bruising to the back of the head. Cut lips, broken and bruised noses are not uncommon. Calls of 'up' and 'heads' when a disc is thrown or seems to be heading towards someone who is unaware of the situation is the best way to alert a player to the disc.</p>		important to seek attention from reception.
Dizziness, hyperventilation, nausea.	<p>Dizziness may be caused by lack of oxygen intake, or by an accidental injury to the head. Training and conditioning can help to control breathing and hyperventilation, thus improving the overall efficiency rate of oxygen used by muscles. Similarly, nausea can be induced by an accidental head injury, or by eating a large meal too close before starting training. Try and eat at least one hour before commencing training.</p>	Low	<p>Players should bring with them food and drink appropriate for the training session or competition.</p> <p>If nausea or dizziness does occur, the player should excuse themselves from the session, until the feeling passes</p> <p>If it persists, they should consult a local GP or physiotherapist.</p>
Dehydration, hypoglycemia	<p>During exercise the body loses vital fluids and salts, so it is important to take fluids on-board (preferably water) before commencing training. Similarly, it is important to replace lost fluids as soon as possible after training to prevent dehydration. Awareness of players of their capabilities, strengths and weaknesses should ensure that they drink and eat appropriately.</p>	Low	<p>Players should bring with them food and drink appropriate for the training session or competition. All players should encourage an atmosphere of keeping hydrated.</p>
Sunstroke, hypothermia	<p>When ultimate is played outdoors players need to be aware of the dangers of playing outdoors and wear appropriate clothing and eat properly for the weather conditions, i.e. hats, sun cream and drink lots of fluids.</p>	Low	<p>Players should bring with them appropriate clothing and sun protection.</p>
Injuries caused by uneven ground	<p>Unfortunately not all pitches are without bumps and other uneven patches. Twisting ankles and falling due to the ground especially when landing after jumping for a disc can happen. A good look at the pitch before the start to find any holes, and then placing something over the hole to highlight it to other players and warning other players to be careful due to the condition of the pitch will reduce injuries.</p>	Low	<p>Checking the pitch before a training session or competition and placing a cover over a hole and drawing players attention to any problem areas will reduce these injuries further.</p>
Unsafe behaviour or attitude	<p>Ultimate is a non contact sport all</p>	Low	None.

will increase the likelihood of an injury.	players are made aware of the importance of taking care of opponents and the latest edition of the rules of Ultimate. Any reckless behaviour will be addressed and stopped. If reckless behaviour continues the offending player will be asked not to return to the tournament until they can behave in a more sensible manner.		
Aggression between participants may result in more intentional or unintentional reckless behaviour.	The captains are asked to remain aware of possible aggression arising between players. Any aggression is dealt with in a calm manner ensuring it never presents a risk.	Low	Removing players from the pitch, and possibly banning them from the club if the aggression from a player is constant and uncontrolled.
Collision with walls (only for indoors)	Indoor pitches are situated with the boundary lines away from the wall. Players should be aware of their own safety when running towards the edge of the pitch, and should always slow down so as to avoid high-speed collisions. The dividing nets will be pulled back and put away.	Low	When indoors pitches will be marked away from the walls to avoid collisions with the walls and attachments.
Car and mini-bus accidents.	When travelling to competitions, we shall ensure that drivers have: a) The appropriate licenses (passed OU Clubs committee minibus safety test) and documentation; b) The required insurance cover; c) Memberships of a motor vehicle breakdown service; And also adhere to the UK Highway Code and to the club and union safety guidelines with regard to group travel.	Low	OUUC Must complete an online Trip Registration Form (see www.sport.ox.ac.uk) for all trips outside of Oxfordshire and this is copied automatically to the ASO & University Security Services. The club is required to notify Security Services on (01865) 289999 of any major accidents which involve OUUC whilst out of Oxfordshire, e.g. Members visiting the A&E or calling an ambulance. Club officials are required on their return to Oxford to inform the ASO (Sport) accordingly of such incidents.

VARSITY RISK ASSESSMENT - February 2023

Due to the particular nature of a varsity weekend, the following health and safety protocols followed along with the above.

HAZARD	CONTROL MEASURES	RISK	FURTHER CONTROL MEASURES
Injuries to Participants	As above for specific types of injury. The risk of injury is the same as with other tournaments	Low	
Harm to Spectators	Spectators will not enter the playing area (s) and should avoid reckless behaviour or any chants etc that are discriminator, racial etc in nature.	Low	If any spectator is deemed to be behaving recklessly or offensively, they will be politely spoken to by a committee member. If behaviour escalates, either the Duty Manager at Iffley or Security Services (01865289999) will be informed.
Litter	All litter will be cleared up and placed in bins after the matches have finished	Low	
Alcohol	No Alcohol is allowed at Oxford University Sports Centre	Low	