

# Leeds University Union

## Risk Assessment

Name of Group	<b>Leeds University Union Mens Cricket Club</b>	Date of Assessment	<b>14/09/2011</b>
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### 1. Training

<b>ACCIDENTS</b>	<b>CAUSES</b>	<b>PREVENTATIVE MEASURES</b>	<b>ACTIONS</b>
Batter hit by ball	Lack of protection. Lack of experience.	Batters must wear gloves whenever facing cricket balls. Under 18's must wear helmets when facing cricket balls if no parental consent.	First Aiders available. Ice pack applied to bruising.
Fielder or onlooker hit by ball	Lack of attention.	Pay attention at all times and always face the batsman. Under 18's must wear helmets if keeping wicket standing up <sup>1</sup> .	First Aiders available. Ice pack applied to bruising.
Pulled muscles	Lack of warm up. Lack of warm down.	Carry out warm up and gentle stretching drills before training. Brief warm down after a session, or advise players to jog/stretch when they get home.	First Aiders available.

Collision between two players	Lack of attention.	Be aware of play at all times.	First Aiders available.
Hit by ball in nets	Bending to retrieve a ball from netting. Lack of attention.	Instructions given to all batsmen to be aware of play from nearby nets and e.g. to retrieve the ball with a bat.	First Aiders available. Ice pack applied to bruising. Medical help sought for head injuries.
Hit by stray hard ball from another group.	Groups too close together / orientated in the wrong way	Ensure that when practising with a leather ball, the groups are organised so as to avoid a ball being struck hard into another group's area.	First Aiders available. Ice pack applied to bruising.
Injury due to excessive bowling	Young bowlers bowling too much.	Follow ECB Directives for U19's <sup>2</sup> – maximum of 42 balls per session, 3 sessions per week.	Ice pack applied to bruising.
Over exertion Hyperventilation	Training too intense.	Training should be appropriate to fitness of group. Players advised to maintain fitness over holiday periods.	Rest.
Slipping or tripping over	Wet or slippery surfaces.	Ensure floor surfaces are dry.	First Aiders available.

1. Keeping wicket standing up means that the wicket keeper is close to the stumps when the ball is bowled and thus in possible danger of being hit by the batsman.
2. A person is in the U19 age group if they were under the age of 19 on the 1st September of that academic year.

## 2. Matches

N.B. Training risks also apply.

<b>ACCIDENTS</b>	<b>CAUSES</b>	<b>PREVENTATIVE MEASURES</b>	<b>ACTIONS</b>
Tripping, slipping or being hit by the ball due to bumpy or wet playing surface.	Inadequate pitch conditions.	Umpires and captain to inspect pitch before the game starts and after any rain interruptions.	First Aiders available.
Being hit on the leg while batting or wicket-keeping.	Inadequate protection.	Captain MUST ensure that the player is wearing adequate batting or wicket keeping leg guards. Batsmen have the option of wearing a thigh pad; this is personal choice.	First Aiders available.
Ball causing injury by hitting hard object being worn or in a pocket.	Player inadequately prepared.	Captain to ensure that team members, while on the field of play, have removed items such as watches, rings, bracelets and emptied their pockets of hard or sharp objects such as keys or coins.	First Aiders available.
Injury due to excessive bowling	Young bowlers bowling too much.	Follow ECB Directives for U19's – maximum of 7 overs per spell, 21 overs per day.	Physiotherapists available at Iffley Road.
Dehydration	Lack of fluid intake.	Ensure breaks for drinks in long innings.	Rest out of sun and take in fluids. Seek medical help if necessary.
Sunburn	Lack of adequate protection.	Apply suncream regularly.	Apply after sun lotion, depending on severity of

			burns.
Heat-stroke	Over exposure to hot sun.	Take plenty of fluids. Wear a hat in strong sunlight.	Rest out of sun and take in fluids. Seek medical help if necessary.
Spectators hit by ball	Lack of attention. Standing too close to play.	Advise spectators to watch from outside boundary <sup>3</sup> .	First Aiders available.

3. The boundary of play will be usually marked by a rope, painted line or regularly spaced markers.

### 3. Transportation to matches

<b>ACCIDENTS</b>	<b>CAUSES</b>	<b>PREVENTATIVE MEASURES</b>	<b>ACTIONS</b>
Road traffic accident	Lack of care from road users. Faults on vehicles. Bad weather.	Ensure drivers are suitably qualified – minibus drivers must have taken course. Check vehicle is roadworthy before setting off. Drive appropriately for conditions. Fill in trip registration form where suitable. Do not exceed the LUU recommended maximum driving limits.	Call emergency services if necessary. Obtain details from other drivers involved. Take breaks at service stations or another suitable place to change drivers.

#### 4. Other

Leeds University Union Mens Cricket Club (LUUMCC) are not responsible for any members accidents when not playing, training or travelling for LUUMCC.

**Carried out by: Tom Johnson**

**Date: 01/09/2011**

**Next Review: 01/09/12**

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We the undersigned agree to uphold the above code of good practise

President Name Tom Johnson  
Secretary Name Matt Krikham  
Treasurer Name Matt Green

Signature  
Signature  
Signature



Date 15/10/2011