

Risk Assessment for Sports Science Set Up

P: Probability - I: Impact

1: lowest - 5: highest

Risk Category	Risk	P (1-5)	I (1-5)	Risk Score	Action	Contingency	Event Activities
Activity – Jump Length	Injury or harm to participant.	1	4	4	Correct technique is demonstrated. All participants are advised if they have lower limb problems not to take part in this activity.	If injury occurs, the activity will be stopped whilst it is re-assessed to see if problem was caused by technique or failure of equipment.	NO
Activity – Jump Height	Injury or harm to participant.	1	3	3	Correct technique is demonstrated. All participants are advised if they have lower limb problems not to take part in this activity.	If injury occurs, the activity will be stopped whilst it is re-assessed to see if problem was caused by technique or failure of equipment.	NO
Activity – Batak Wall	Injury or harm to participant & others.	1	3	3	Correct technique is demonstrated. All participants are advised of stretching action required. A space is also kept clear around the player to prevent knocks to other people. This will be done with a barrier.	If participant cannot reach higher buttons, the game is altered to play using the lower buttons only. (ie for younger participants.	YES
Activity – Ball Speed	Injury or harm to participant & others.	1	3	3	Participants must throw or hit the ball from a set marker close to the net to prevent the ball from missing the net. Different sized balls are available for different ages. The net is positioned towards back of stand so no one can walk in front or behind net during play	Net and speed gun can be moved very easily to another area if needed. The activity can be removed if necessary. Extra barriers can be placed around net.	NO

Activity – Hand Strength	Injury or harm to participant.	1	2	2	<p>Correct technique is demonstrated.</p> <p>Participants with joint problems are advised not to take part. There has been one participant in the past with such problems and recognised themselves that they could not take part.</p>	<p>If injury occurs, the activity will be stopped whilst it is re-assessed to see if problem was caused by technique or failure of equipment. Activity is removed if necessary.</p>	NO
Activity – Pull Strength	Injury or harm to participant.	1	3	3	<p>Correct technique is demonstrated on this activity.</p> <p>Participants with back issues are advised not to take part.</p>	<p>If injury occurs, the activity will be stopped whilst it is re-assessed to see if problem was caused by technique or failure of equipment. Activity is removed if necessary.</p>	NO
Activity – Hexagon Agility Test	Injury or harm to participant & others.	1	2	2	<p>An area is cleared around the hexagon on the floor.</p> <p>The suitability of the floor is also assessed to ensure the hexagon mat will not slip.</p> <p>The correct technique is demonstrated and participants are advised not to take part if they have lower limb injuries.</p>	<p>Alternative area is found to run activity on. If no area exists, the activity is removed.</p>	NO
Activity – Rowing Machine	Injury or harm to participant & others.	1	4	4	<p>The correct technique is demonstrated and participants are advised not to take part if they have problems with their back.</p> <p>Participants with respiratory problems are also advised against participation.</p>	<p>Rower can be easily moved to an alternative area or taken out of activities.</p> <p>All staff will be made aware of first aiders on site as well as emergency numbers.</p>	YES
Activity – The Accelerator & Sprinting	Injury or harm to participant.	2	4	8	<p>Area assessed for suitability. If too slippery (wet, gravel, sand) activity will be shut down or moved.</p>	<p>New area found, area cleaned. If non of these available. It is shut down.</p>	YES

Activity – Breakdown Kit and Pack Down	Injury or harm to participant.	2	4	8	Area assessed for suitability. Heavy kit moved to one side. Medical Mavericks Staff to move and handle kit only. Area cleared when moving equipment.	Kit moved when participants are out of the way. Area can be cornered off from participants. Team can ask participants to move to another area of the room.	NO
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