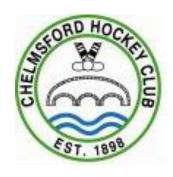


## CHELMSFORD HOCKEY CLUB JUNIOR SECTION

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## **RISK ASSESSMENT GUIDELINES**

RISK / HAZARD	PREVENTION	ACTIONED
Pitch dangers	Check for dangerous objects such as glass.	Every session.  Check your area of the pitch for dangers.  Joint decision between coaches whether the pitch is playable or not.
	Check goal posts are safe and secure.	
	Check pitch in cold weather for frozen patches and ice.	
	Sand-based pitch – ensure football goals are not too close to side lines – cross bars are head height to children.	
	Water-based pitch – ensure that pitch surface has adequate water cover.	
Damage to teeth and mouth	Encourage children to wear properly fitted gum shields.	Recommend to parents and guardians, including promotion of the annual 'fitting' sessions in:
	Provide opportunity for players to have personal gum shields fitted at the start of each season.	Welcome Pack. Membership forms Regular communications
Injury	Encourage children to wear shin guards.	Recommend to parents and guardians in:  Welcome Pack.
	No jewellery to be worn.	Membership forms Regular communications
	Develop child's controlled use of their stick.	Remind children on a weekly basis to wear shin guards and
	No hitting during 'free time' – only passing between players.	remove jewellery.
	Always carry out proper warm up, stretches and warm down routines.	Each group to have a first aid kit clearly labelled and easily accessible at each session.



## CHELMSFORD HOCKEY CLUB JUNIOR SECTION

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## **RISK ASSESSMENT GUIDELINES**

Choking	Do not allow the chewing of gum during sessions.	Recommend to parents and guardians in: Welcome Pack. Membership forms Regular communications  Remind children on a weekly basis not to chew gum if seen doing so.
Children getting lost	Children must stay with their coach until collected by parent or guardian.  Children are not allowed to leave the astro and pass through the gates alone.	Recommend to parents and guardians in: Welcome Pack Membership forms Regular communications Written permission from parents / guardians is necessary for anything different.