



CHELMSFORD HOCKEY CLUB

JUNIOR SECTION

RISK ASSESSMENT GUIDELINES

RISK / HAZARD	PREVENTION	ACTIONED
Pitch dangers	<p>Check for dangerous objects such as glass.</p> <p>Check goal posts are safe and secure.</p> <p>Check pitch in cold weather for frozen patches and ice.</p> <p>Sand-based pitch – ensure football goals are not too close to side lines – cross bars are head height to children.</p> <p>Water-based pitch – ensure that pitch surface has adequate water cover.</p>	<p>Every session.</p> <p>Check your area of the pitch for dangers.</p> <p>Joint decision between coaches whether the pitch is playable or not.</p>
Damage to teeth and mouth	<p>Encourage children to wear properly fitted gum shields.</p> <p>Provide opportunity for players to have personal gum shields fitted at the start of each season.</p>	<p>Recommend to parents and guardians, including promotion of the annual 'fitting' sessions in:</p> <ul style="list-style-type: none"> Welcome Pack. Membership forms Regular communications
Injury	<p>Encourage children to wear shin guards.</p> <p>No jewellery to be worn.</p> <p>Develop child's controlled use of their stick.</p> <p>No hitting during 'free time' – only passing between players.</p> <p>Always carry out proper warm up, stretches and warm down routines.</p>	<p>Recommend to parents and guardians in:</p> <ul style="list-style-type: none"> Welcome Pack. Membership forms Regular communications <p>Remind children on a weekly basis to wear shin guards and remove jewellery.</p> <p>Each group to have a first aid kit clearly labelled and easily accessible at each session.</p>



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Choking	Do not allow the chewing of gum during sessions.	<p>Recommend to parents and guardians in:</p> <ul style="list-style-type: none"> Welcome Pack. Membership forms Regular communications <p>Remind children on a weekly basis not to chew gum if seen doing so.</p>
Children getting lost	<p>Children must stay with their coach until collected by parent or guardian.</p> <p>Children are not allowed to leave the astro and pass through the gates alone.</p>	<p>Recommend to parents and guardians in:</p> <ul style="list-style-type: none"> Welcome Pack Membership forms Regular communications <p>Written permission from parents / guardians is necessary for anything different.</p>