

SUBHC RISK ASSESSMENT



Example Risk Assessment for Hockey Sessions

Venue: Norton Sports Centre, Meadowhead School
and relevant indoor venues

Completed
(name): Richard
Kirtley

Richard Kirtley

Date: 01/09/2025

Review Date: 01/09/2026

Playing Area/Training Area

Check that the area and surroundings are safe and free from obstacles, check floor, roof leaks, lighting, heating, security and welfare.

Description of Hazard	Evaluation of Risk (high/med/low)	Action(s) to Minimise Risk	Person to Advise if Risk is Outside Own Competence to Assess	Re-evaluation of Risk (high/med/low)
Outdoor Hockey				
Uneven playing surface (N/A for Astro turf)	Low	Regular inspection for any surface irregularities; address promptly	Richard Kirtley	Annually or as needed
Weather conditions (e.g., rain, lightning)	High	Monitor weather forecasts; suspend play if necessary; seek shelter in case of lightning; educate members on lightning safety	Richard Kirtley	Before each session
Collisions with other players or obstacles	Medium	Emphasize player awareness and communication; mark potential collision areas; encourage fair play and sportsmanship	Richard Kirtley	Periodically

Inadequate lighting	Medium	Ensure proper field lighting for evening sessions; conduct regular checks	Richard Kirtley	Annually or as needed
Environmental hazards (e.g., wildlife)	Low	Inspect the field for potential hazards; implement measures for wildlife control	Richard Kirtley	Annually or as needed
Indoor Hockey				
Slippery playing surface	Medium	Ensure proper cleaning and maintenance of the indoor surface; provide appropriate footwear recommendations	Richard Kirtley	Before each session
Limited space and proximity to walls	High	Emphasize controlled and aware play; mark areas around walls; limit physical contact near walls	Richard Kirtley	Periodically
Inadequate ventilation	Medium	Ensure proper ventilation during indoor sessions; monitor air quality	Richard Kirtley	Annually or as needed
Elevated temperature	Medium	Provide adequate cooling during hot weather; monitor temperature conditions	Richard Kirtley	Annually or as needed
Emergency exits and evacuation procedures	High	Clearly mark emergency exits; conduct regular evacuation drills	Richard Kirtley	Annually or as needed
Slippery playing surface	Medium	Ensure proper cleaning and maintenance of the indoor surface; provide appropriate footwear recommendations	Richard Kirtley	Before each session

Equipment

Check that it is fit and sound for activity and suitable for age group/ability, check there is no equipment left from other activities or obstructions left in the sporting area

Description of Hazard	Evaluation of Risk (high/med/low)	Action(s) to Minimise Risk	Person to Advise if Risk is Outside Own Competence to Assess	Re-evaluation of Risk (high/med/low)
Damaged hockey sticks or equipment	Medium	Regular equipment checks; replace damaged items; educate members on proper equipment care	Richard Kirtley	Before each session
Inadequate protective gear	Medium	Enforce mandatory use of appropriate safety gear; educate on proper fitting; provide guidelines for equipment selection	Richard Kirtley	At the start of the season and as needed
Poorly maintained goalposts/nets	Low	Regular inspection and maintenance of equipment; replace damaged parts	Richard Kirtley	Annually or as needed
Inadequate goalkeeping equipment	Medium	Ensure goalkeepers have proper equipment; conduct separate checks for goalkeeping gear	Richard Kirtley	Before each goalkeeper session; Annually
Inadequate first aid supplies	Medium	Maintain a well-stocked first aid kit; educate members on basic first aid procedures	Richard Kirtley	Before each session; Annually
Damaged hockey sticks or equipment	Medium	Regular equipment checks; replace damaged items; educate members on proper equipment care	Richard Kirtley	Before each session

Participants

Check that the attendance register is up to date with medical information and contact details. Check that performers are appropriately attired for the activity.

Description of Hazard	Evaluation of Risk (high/med/low)	Action(s) to Minimise Risk	Person to Advise if Risk is Outside Own Competence to Assess	Re-evaluation of Risk (high/med/low)
Age-specific risks (e.g., junior players)	High	Implement age-appropriate training and supervision; ensure proper coach-to-player ratios; provide specialized coaching for junior members	Richard Kirtley	At the start of the season and as needed
Inadequate supervision of junior players	Medium	Assign experienced coaches to supervise junior sessions; require parental consent and involvement	Richard Kirtley	Before each junior session
Inadequate warm-up or cool-down routines	Medium	Enforce structured warm-up and cool-down sessions; provide guidance on personal routines; conduct regular education sessions on injury prevention	Richard Kirtley	Before each session
Lack of emergency response plan	High	Develop and communicate a clear emergency plan; conduct emergency drills; ensure all members are familiar with emergency procedures	Richard Kirtley	Annually or as needed
Inadequate hydration and nutrition awareness	Medium	Educate members on the importance of hydration and nutrition; provide guidelines for pre and post-training nutrition	Richard Kirtley	Annually or as needed
Age-specific risks (e.g., junior players)	High	Implement age-appropriate training and supervision; ensure proper coach-to-player ratios; provide specialized coaching for junior members	Richard Kirtley	At the start of the season and as needed