



HEALTH and SAFETY and RISK ASSESSMENT

ABINGDON SQUASH and RACKBALL CLUB

Health and Safety

In accordance with its duty under Section 2(3) of the Health and Safety at Work etc. Act 1974 and in fulfilling its obligations to both members and the public who may be affected by its activities; Abingdon Squash and Racketball Club have produced the following statement of policy in respect of health and safety.

It is our aim to achieve a playing/social environment which is free of accidents and ill health and to this end, through a framework of setting and reviewing objectives, we will pursue continuing improvements from year to year

We undertake to comply with all current relevant legislation and other requirements to which the organisation subscribes. We will discharge our statutory duties by:

- Identifying hazards in the club area, assessing the risks related to them and implementing appropriate preventative and protective measures
- Providing and maintaining safe playing equipment
- Establishing and enforcing safe methods of play
- Ensuring that tasks given to members are within their skills, knowledge and ability level to perform
- Ensuring that HSE and Coaching competence is maintained through the provision of refresher training and continued professional development as appropriate
- Promoting awareness of health and safety and of good practice through the effective communication of relevant information to all club members
- Consult with our members on matters connected with health and safety and prior to the introduction of new technologies or processes which may impact on their health, safety and wellbeing
- Furnishing sufficient funds needed to meet these objectives

All members are actively encouraged to contribute towards achieving a club environment that is free of accidents and ill health and report any deficiency in this respect to a member of the Abingdon Squash and Racketball Club committee.

Our health and safety policy will be reviewed at least annually to monitor its effectiveness and to ensure that it reflects changing needs and circumstances.

All accidents must be recorded in the incident/accident book – hanging outside court 3 as soon as possible.

Please complete the following for each incident/accident

Member's name completing report _____ Date and time _____

Date and time of incident _____

Details of accident/incident – try and offer information about:

What happened

Who to

Where was it

When was it

How did it happen

What was the outcome

Please advise club chairman by email of each entry.

RISK ASSESSMENT

The following is a Risk Assessment for the Abingdon Squash and Racketball Club: revised by John Winfield May 2025

Please note that the risk assessment process MUST be 'on-going' and 'dynamic'. All judgments and decisions regarding safety need to be made DURING the activity. If the control measures aren't sufficient, the activity must not proceed – safety is first priority. The responsibility for safety rests with all members and visitors – to ensure the safety of all.

ASRC adheres to ES codes of conduct for squash and squash 57 (racketball) and procedures are made available via our website

ASRC strictly adheres to England Squash Safe Squash Safeguarding Policies.

See <https://www.englandsquash.com/about-us/governance/safe-squash>

HAZARD	PERSONS AT RISK	RISK FACTOR			CONTROL MEASURES	RESIDUAL RISK
What could cause harm	Who might be harmed	For each hazard, decide level of risk as if you were to do the activity without controls			For each hazard list the measures to minimize the risk identified e.g. safety codes, protective equipment.	Decide the residual risk after control measures are in place
		SEVERITY	LIKELIHOOD	RISK		
CONDITION OF THE COURTS PLAYING SURFACE	All players.	2	6	12	<ul style="list-style-type: none"> Ensure that the court floor is clean and dry (Floors should be dust mopped before play if needed and any wet patches dried off before play – dust mop is kept in store cupboard behind water cooler) Do not play if court floor appears unsafe Report damaged floor boards and walls to committee Ensure correct footwear is used by all players 	LOW
FAULTY COURT FACILITIES	All players	2	4	8	<ul style="list-style-type: none"> Check to ensure door is firmly secured at hinges, door handles are working and floor boards are not damaged Check all lighting is working. Ensure door closes flush to back wall Do not open door from outside whilst play is in progress – knock and wait for players to open door Report any faults/defect to committee 	LOW
COLLISION INJURIES, SLIP, TRIP & FALLS	All players	2	4	8	<ul style="list-style-type: none"> Check to ensure the floor is not slippery and is dust free. Ensure corridors and balconies are clutter-free before start of use. Ensure laces remain secure Ensure unused equipment is not in the area of play Ensure appropriate squash shoes or trainers are worn. 	LOW
IMPACT WITH BALLS, RACKETS, WALLS, OTHER PLAYERS	All players	2	4	8	<ul style="list-style-type: none"> Safe play on the court – do not play a shot if risk of injury to opponent(s) with ball or racket Lets and strokes are in the rules of the game to prevent likelihood of impact. All players must call if likelihood of impact is imminent Protective goggles must be worn by players under 18; provided at every junior coaching session. They are mandatory for doubles competitions and are advisory for all players. 	LOW

PEOPLE OR OBJECTS FALLING FROM OBSERVING BALCONY	All players and visitors	4	4	16	<ul style="list-style-type: none"> • Be aware of objects on balcony and stop play if hazard is noticed until it is removed. • No one is to sit on walls on balcony – benches can be moved into place and returned to enable shorter observers to see the court • No juniors allowed on balcony unless supervised by an adult. 	LOW
DEHYDRATION & FAINTING	All players	2	3	6	<ul style="list-style-type: none"> • Ensure water available for all players • All juniors reminded about importance of keeping hydrated • Allow time within sessions for water breaks. • Players encouraged to bring own water bottle/tumbler to prevent plastic waste 	LOW
SAFEGUARDING OF JUNIORS	Juniors	2	4	8	<ul style="list-style-type: none"> • ASRC adhere strictly to England Squash Safe Squash Safeguarding Policies. (see following) • Players, parents and coaches issued codes of conduct for unsafe play • Parent Consent & Medical information is reviewed annually • All coaches membership is renewed and up to date • All coaches qualification checked annually – covering first aid, DBS and Child Protection • Coaching should preferably take places on court 4 – with glass back 	LOW

Risk Rating	Score	Action
Trivial Risk	0-2	No further action required unless incidents occur
Low Risk	3-4	No additional controls required. But specific hazards may be reduced. Monitoring is required. Review if an incident occurs or more efficient controls become available.
Moderate Risk	5-10	Efforts should be made to reduce the risk over a defined period.
High Risk	12-18	Work should not be started until risk has been reduced.
Intolerable Risk	19-25	The activity should cease until risks have been reduced to an acceptable level.

Severity

1. Negligible
2. Minor injury
3. Major injury
4. Single death
5. Multi death

Likelihood

1. Improbable
2. Possible – every 5 years
3. Occasional – annually
4. Fairly frequent – Quarterly
5. Frequent – weekly
6. Certainty – daily

Risk Score

Severity multiplied by Frequency. Scores of 11 or above require further immediate assessment.