



UNIVERSITY of OXFORD SPORTS DEPARTMENT

OXFORD UNIVERSITY SQUASH RACQUETS CLUB - RISK ASSESSMENT 2023-24

OUSRC activities are usually carried out at Iffley Road Sports Complex. This involves regular squash training, BUCS and other matches (e.g., Jesters/Escorts), Squirrels and Ferrets Varsity Matches, as well as Members' Training.

A thorough program of warm-up exercises should be carried out at the beginning of every practice.

All members of the club must read the Club Risk Assessment and Code of Conduct.

All injuries/accidents must be reported by a member of OUSRC to the Sports Manager on duty, who will provide First Aid Cover and complete an accident report form as required.

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Dangerous or faulty facilities e.g. door hanging off hinges, slippery flooring, poor lighting/faulty tubes, faulty heating, broken boards etc which can lead to sub-standard courts and a heightened chance of an injury to the player.	Reporting all faults in the squash courts by e-mail to the Facilities Manager and copy this into the Sports Department and its nominated officers. Facilities Manager: clubfacilities@sport.ox.ac.uk Safety Officer: safety@sport.ox.ac.uk	Severity: High Likelihood: Rare	If faults are not corrected within a reasonable time period, speak to the Facilities Manager in person.
Squash court playing surface: a slippery or wet floor can lead to injuries to players during the course of the game.	Ensure that the correct footwear is used by all players. The floors should be cleaned by the Sports Department on a regular basis so that dust is removed. The floors should be unsealed, with red painted lines and regularly checked for split boards.	Severity: High Likelihood: Infrequent	Refer to England Squash Technical sheet number 12 for 'guidelines for safety on Squash Courts'. If courts are not cleaned on a regular basis, speak to the Facilities Manager in person.



<p>Inadequate heating and ventilation provided in squash courts. Risk of mould growth leading to respiratory problems and aggravation of existing conditions in players. Players can suffer from dehydration in the event of inadequate heating.</p>	<p>The Squash courts have both heating (high level ambi-rads) and extraction. Club members can turn on one or the other as required for hot or cool conditions. Controls are to the left of Squash Court 1.</p> <p>The temperature of the courts should be 15 degrees (+ or – 3 degrees). Heating should be used on cold days to aid the players in the warm-up and extraction can be to reduce smells and provide a better atmosphere in warm conditions.</p> <p>Courts should be checked for black mould regularly and mould removed when found (particularly on Squash Court 1).</p> <p>Court heating and ventilation should be turned on prior to court usage to reduce humidity levels.</p> <p>Players should take on regular fluid during the course of the game. If players feel faint or dizzy they should stop playing.</p>	<p>Severity: Medium Likelihood: Infrequent</p>	<p>Refer to England Squash Technical sheet number 12 for 'guidelines for safety on Squash Courts'. If heating or ventilation at the courts is not working, speak to the Facilities Manager in person.</p>
<p>Poor quality coaching, leading to increased risk of injury to players.</p>	<p>OUSRC will ensure that all coaches are ESR approved and have all their qualifications and Insurance information logged with OU Sports Federation on an annual basis.</p>	<p>Severity: Low Likelihood: Low</p>	<p>If coaches are not insured they will not be coaching.</p>
<p>Injuries to members entering the court without checking if another game is in progress. Injuries could vary from bruising to broken bones from collision injuries (with player, racquet or ball).</p>	<p>Players not to enter a court without first checking the eyehole and knocking on the door and waiting for players to acknowledge the end of their game; as well as to always play with the door fully closed.</p> <p>No spectators allowed to stand at the back of the court, instead to use the viewing gallery.</p>	<p>Severity: High Likelihood: Very rare</p>	<p>Signage provided on the squash court doors.</p>
<p>Lack of a warm-up resulting in muscular injury.</p>	<p>Proper warm-up routines included at the start of each training session/match. Stretching and a warm-down after a game are advised to reduce the chance of muscle soreness.</p>	<p>Severity: Low Likelihood: Infrequent</p>	<p>Refer to England Squash Technical sheet number 13 for 'guidelines for safety on Squash Courts'.</p>



<p>Injury brought about by not having an appropriate level of fitness or not having full knowledge of the manner in which the game should be played.</p>	<p>Advice given regarding the level of fitness required and the rules of the game to be observed.</p> <p>Squash players informed not to play if they a) have just had a meal b) have been ill or c) are experiencing unexplained chest pain or breathlessness.</p> <p>If players feel unwell during a game, players to stop playing.</p>	<p>Severity: Medium Likelihood: Low</p>	<p>Refer to England Squash Technical sheet number 13 for 'guidelines for safety on Squash Courts'.</p>
<p>Eye injuries resulting from a blow from a racket, ball or collision with another player.</p>	<p>Eye protection encouraged, and if glasses are worn, they must be unbreakable (lenses as well as frames) and contact lenses should be soft.</p>	<p>Severity: High Likelihood: Rare</p>	<p>Please refer to England Squash Technical sheet number 14 for guidelines for 'Eye Protection for Squash Players'</p> <p>Eye protectors should be selected from those specifically designed for Squash.</p> <p>It is recommended that doubles squash should always be played wearing eye protection.</p> <p>OUSRC recommend that all players playing 'Cuppers' Squash should wear eye protection.</p>
<p>Being hit by a ball resulting in a variety of injuries from general bruising to the body to more severe trauma.</p>	<p>Eye protection as above. Ensure that players have 'good court awareness' and 'lets' are played as required during the course of the game. For less experienced players, coaching should remove the need for 'flailing straight arm shots'</p>	<p>Severity: Medium Likelihood: Low</p>	
<p>Being hit by opponent's racket during the course of the game, resulting in variable injuries but probably upper limb injuries.</p>	<p>Ensure that players have 'good court awareness' and 'lets' are played as required during the course of the game. For less experienced players – coaching should remove the need for 'flailing straight arm shots'. Racquets should be in good order – no sharp edges.</p>	<p>Severity: Medium Likelihood: Low-medium</p>	



<p>Medical conditions requiring medication.</p>	<p>All players should bring medication which they may require to the courts e.g. asthma Inhalers.</p> <p>Club members required to be clear about any major medical conditions which could prove a problem. The club checks all members have no medical conditions e.g. epilepsy or major knee, ankle or back injuries which could prove a problem during a game, when they sign up.</p>	<p>Severity: High Likelihood: Rare</p>	<p>If a team member has a major medical condition, he/she is advised to inform their captain of their condition so that the necessary steps can be taken immediately to address a problem relating to the condition during a match or training session.</p>
<p>Blood cross-contamination.</p>	<p>If members suffer from cuts – they must leave the court and seek First Aid assistance from the main reception desk. All blood should be cleaned up and gloves should be worn to prevent cross-contamination.</p>	<p>Severity: High Likelihood: Very rare</p>	
<p>Road accidents in hired minibuses when travelling to matches/competitions.</p>	<p>Organiser/events secretary to complete Trip Registration Form before each Oxford University Squash Club trip outside of Oxfordshire.</p> <p>Drivers must have passed University accredited tests and must be 21 years or older and adhere to the 'rules of the road' etc. Vehicles being used should be 'roadworthy' insured and taxed. Ensure a mobile phone is available for use.</p>	<p>Severity: Potentially fatal Likelihood: Low</p>	<p>All trip registration forms are to be sent a day before weekday or weekend fixtures to the SSO David White.</p> <p>For trips out of the UK, trip registration forms are required one month ahead of the trip and these should be submitted to the SSO.</p> <p>For accidents which require the emergency services or hospitalization – then the club should call the University Security Services emergency number on (01865) 289999.</p> <p>Activity leaders to report any accidents.</p>