

## Risk Assessment Form 2009

1. Name of Club: **Fencing Club**

2. Potential Hazard	3. Who is at risk and what are the potential injuries?	4. What are the current controls and who is responsible?	5a. Controlled Likelihood	5b. Controlled Severity	5c. Controlled Risk Rating	6. What further action is needed and who is responsible?
Hit to body with sword	Fencers. Bruises, small cuts, very small possibility of breakages	<ul style="list-style-type: none"> <li>• Wear full (BFA [British Fencing Association] approved) kit, including a certified mask, and at least 350N jacket, (provided by the club) and 800N plastron (usually their own, few are owned by the club) as well as suitable footwear.</li> <li>• Train against hitting too hard (i.e. learn to hit properly).</li> <li>• Responsibility of: Safety Officer (hereafter S.O.), individual fencers (hereafter I.F.) and sports centre staff (in the role of First Aider)</li> </ul>	4	1	4	<ul style="list-style-type: none"> <li>• Warnings for people who repeatedly hit too hard, followed by exclusion from the club if continued after repeated warnings.</li> <li>• Kit maintained to BFA standards (to be checked at least termly).</li> <li>• Responsibility of: S.O.</li> </ul>
Hit on head (epee/sabre)	Fencers. Bruises, cuts, loss of blood, grazes, possible eye injury, concussion	<ul style="list-style-type: none"> <li>• Wear appropriate mask – required kit anyway.</li> <li>• Correct training to avoid hits to back of the head.</li> <li>• Responsibility of: S.O., I.F., and Coach/es.</li> </ul>	2	2	4	<ul style="list-style-type: none"> <li>• Kit maintenance,</li> <li>• Training not to hit too hard.</li> <li>• Responsibility of: S.O., I.F., Coach/es</li> </ul>
Wound to major blood	Fencers. Severe loss of blood	<ul style="list-style-type: none"> <li>• Wear appropriate kit, training.</li> <li>• Responsibility of S.O, I.F, Coach/es</li> </ul>	1	3	3	<ul style="list-style-type: none"> <li>• Training, against violent conduct and possibility for</li> </ul>

vessel						<p>injury.</p> <ul style="list-style-type: none"> <li>• Kit maintenance, checking strength of jackets and safety of tips on epees and foils.</li> <li>• Responsibility of: S.O. (termly), I.F (per use) Coach/es to oversee.</li> </ul>
Slip on wet/dusty floor	Fencers/spectators Bruising, sprains, joint damage, possible concussion, possible breaks, dental damage	<ul style="list-style-type: none"> <li>• Mopping spillages, checking pistes pre fencing, general care with drinks etc</li> <li>• Responsibility of: All Exec</li> </ul>	1	3	3	<ul style="list-style-type: none"> <li>• Making sure spills don't happen, use of correct footwear, lids on bottles etc.</li> <li>• Keep liquids away from the centre of the room and fencing areas.</li> <li>• Responsibility of S.O, I.F</li> </ul>
Slip on piste	Fencers. Bruising, sprains, joint damage, possible concussion, possible breaks, dental damage	<ul style="list-style-type: none"> <li>• Tape piste down tightly, replace the tape if it moves.</li> <li>• Responsibility of: I.F</li> </ul>	2	3	6	<ul style="list-style-type: none"> <li>• Make sure piste is clean etc. Responsibility of: I.F</li> </ul>
Fencers over balancing/lunging	Fencers. Bruising, sprains, joint damage, possible concussion, possible breaks, dental damage	<ul style="list-style-type: none"> <li>• Teaching good footwork.</li> <li>• Responsibility of: Coach/es, experienced fencers</li> </ul>	3	2	6	<ul style="list-style-type: none"> <li>• Keep floor tidy to avoid tripping. Responsibility of: I.F</li> <li>• Wear suitable footwear to avoid falling (I.F)</li> </ul>
Tripping up	Fencers/Spectators.	<ul style="list-style-type: none"> <li>• Keep floor clear of equipment and</li> </ul>	1	2	2	<ul style="list-style-type: none"> <li>• Clearing personal kit to the</li> </ul>

	Bruising, sprains, joint damage, possible concussion, possible breaks, dental damage	<ul style="list-style-type: none"> <li>cables as far as possible.</li> <li>Responsibility of: S.O, I.F</li> </ul>				<ul style="list-style-type: none"> <li>sides of the room.</li> <li>Tape down piste and wires</li> <li>Responsibility of: I.F and S.O</li> </ul>
Injury to spectators	Spectators. Cuts, bruises, grazes, facial injury, loss of consciousness, concussion, bleeding, possible eye injury	<ul style="list-style-type: none"> <li>Make sure spectators remain in specified areas, enforced by exec warnings, fencers try to remain on piste as far as possible whilst fencing (as in regulations).</li> <li>Responsibility of: All exec, I.F</li> </ul>	1	4	4	<ul style="list-style-type: none"> <li>Make clear to spectators where they can be: the sides of the room, or the balconies, not between or next to pistes.</li> <li>Responsibility of: All Exec</li> </ul>
Broken blade 1: hit by flying fragment	Fencers/spectators, cuts, bruises, bleeding	<ul style="list-style-type: none"> <li>Make sure blades are in good condition per bout.</li> <li>Blades are to be straightened correctly, under guidance of S.O. or Coach/es.</li> <li>Blades are not to be used if they are in bad condition.</li> <li>Stop fencing as soon as a blade breaks.</li> <li>Responsibility of: S.O, Armourer, I.F</li> </ul>	2	3	6	<ul style="list-style-type: none"> <li>Keep spectators a decent distance from piste</li> </ul>
Broken blade 2: stabbed with broken blade	Fencers. Cuts, bruises, blood loss, puncture wounds, internal injury	<ul style="list-style-type: none"> <li>Stop as soon as blades break.</li> <li>Responsibility of: I.F</li> </ul>	1	4	4	<ul style="list-style-type: none"> <li>Train to maximise speed of halt in case of blade breakage.</li> <li>Responsibility of: Coach/es, and experienced fencers to warn beginners</li> </ul>

Muscle injury	Fencers. Strains, sprains, overstretching	<ul style="list-style-type: none"> <li>All members are required to do a thorough warm up before fencing.</li> <li>Responsibility of: Exec, I.F.</li> </ul>	2	2	4	<ul style="list-style-type: none"> <li>Pay attention to Coach/es regarding footwork, turn up to warm up.</li> <li>Latecomers to do their own warm up.</li> <li>Responsibility of: I.F</li> </ul>
Dehydration/overheating	Fencers. Loss of consciousness	<ul style="list-style-type: none"> <li>Keep doors open to maximise airflow.</li> <li>Drink water regularly.</li> <li>Responsibility of: Exec, I.F</li> </ul>	3	2	6	<ul style="list-style-type: none"> <li>Remind people where water fountains etc are.</li> <li>Tell new members to bring a bottle for water.</li> <li>Responsibility of: Exec</li> </ul>
Lifting kit out of cupboards	Fencers. Sprains, bruises, joint damage, splinters, crush injuries	<ul style="list-style-type: none"> <li>Take care when lifting.</li> <li>Don't take too much at a time.</li> <li>Responsibility of: S.O, I.F</li> </ul>	2	3	6	<ul style="list-style-type: none"> <li>Put things away safely.</li> <li>Teach all club members to lift safely.</li> <li>Explain to all members how to carry kit.</li> <li>Responsibility of: S.O, I.F</li> </ul>
Falling down stairs	Fencers/Spectators or other members of the public. Cuts, bruises, concussion, broken bones, dental damage, loss of consciousness, head injuries	<ul style="list-style-type: none"> <li>Don't carry too much.</li> <li>Don't run.</li> <li>Explain to all members in a safety talk at the beginning of each term.</li> <li>Responsibility of: S.O, I.F</li> </ul>	0	4	0	<ul style="list-style-type: none"> <li>Move storage to one of the Minor Hall cupboards to eliminate the stairs completely.</li> <li>Make sure that when carrying items, the stairs below can be seen where possible.</li> <li>Carry large items between two people.</li> <li>Be aware of other people using the stairs.</li> </ul>

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Fencing with existing injury	Fencers. Make injury worse, cause other injuries (e.g. fencer falls due to leg injury, causing a head injury)	<ul style="list-style-type: none"> <li>• Don't fence if injured.</li> <li>• Make injuries known to exec members.</li> <li>• Responsibility of: I.F, S.O</li> </ul>	1	2	2	<ul style="list-style-type: none"> <li>• Rest and recuperation, don't come to training.</li> <li>• Have all possible injuries examined by doctor where necessary to prevent unknown damage.</li> <li>• If necessary, wear appropriate joint support.</li> <li>• Responsibility of: I.F</li> </ul>
Getting drunk on socials	<ul style="list-style-type: none"> <li>• Refer to general code of practice</li> </ul>					

7. Completed By:	Position	Date Completed
	Safety Officer	
	Club President	