

Middlesex County Junior Squash - RISK ASSESSMENT 2021/22

Middlesex County Junior Squash activities are predominantly carried out at clubs in Middlesex. This involves regular squash training, coaching, matches and county games.

Middlesex County Junior Squash activities are also carried out at schools, leisure centres or similar venues, often using a pop up squash net.

Updated April 2021 to include COVID Guidance. Middlesex Squash will follow and adhere to the most updated England Squash COVID guidance:
<https://www.englandsquash.com/back-to-squash/guidance>

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

All participants and parents must read the Club Risk Assessment and Code of Conduct.

COVID Procedures	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
All clubs/venues are required to complete a site/club risk assessment.	Confirmation and copies of all risk assessments will be required from all clubs and coaches used by Middlesex.	Severity: High Likelihood: Rare	Middlesex will contact all venues/clubs prior to any new training session starts. Clear and frequent communications will be provided to coaches, players and parents to ensure they are aware of procedures at the club and venue
Risk of Infection	Coaches, parents and players will be updated regularly on Government and England Squash guidance.	Severity: High Likelihood: medium	In addition to controls and information provided by the venue, coaches will brief and update players on club and England Squash COVID measures
Risk of Infection	Cleaning of venue and cleanliness for players	Severity: High Likelihood: medium	Coaches will check venue is clean and well ventilated before start of each session. Raise with the facility manager if there are any issues. Middlesex Coaches will remind players to wash/sanitise hands regularly. Sanitiser and wipes will be available at all coaching sessions.
Risk of Infection	Players, coaches, and parents must maintain social distancing in accordance with England Squash and Government guidance	Severity: High Likelihood: medium	Coaches wear masks if on court with players. Parents asked to drop off and pick up only.

Risk of Infection: Changing facilities	Ensure that players arrive in full kit and ready to play, and this should be stored in designated place.	Severity: High Likelihood: medium	If players arrive without kit, players will not be able to participate, and parents will be contacted to provide kit. Participants will be encouraged to bring and use towels and sweatbands to reduce sweat droplets. Wiping hands on walls or glass is strictly prohibited.
Risk of Infection: Equipment	All participants will have their own equipment and not shared with other players. Players should be advised to minimise handing of the ball.	Severity: High Likelihood: rare	Bring own fluids/refreshments.

All injuries/accidents must be reported to the coach or a facility manager.	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 to the facility manager immediately.	Severity: High Likelihood: Rare	If faults are not corrected within a reasonable time period raise issue with County Association and England Squash.
Squash court/gym/outdoor 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 and/or swept by the cleaner a regular basis so that dust is removed. The floors should be unsealed, with red painted lines and regularly checked for split boards. Coach to report any faults to the appropriate person as soon as possible	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 facility manager.
Inadequate heating and ventilation provided in squash courts. Players can suffer from dehydration in the latter case.	The Squash courts/venue should have both heating and ventilation which will switch on when court lights are activated.	Severity: Medium Likelihood: Infrequent	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 facility Manager.

Poor quality coaching, leading to increased risk of injury to players.	Middx Junior Squash Association will ensure that all coaches are England Squash approved and have all their qualifications and Insurance, and DBS checks. This is checked on an annual basis. Coaches will also be assessed annually and attend the appropriate courses.	Severity: Low Likelihood: Low	If coaches do not have all their required certificates and filed with England Squash they will not be coaching.
Injuries to players entering the court/or within playing without checking if another game is in progress. Injuries could vary from bruising to broken bones from collision injuries (with player, racket or ball).	<p>Players are 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>Participants will be informed by the coach of the safety checks before starting any coaching activity.</p> <p>No spectators allowed to stand at the back of the court, instead to use the viewing gallery. Unless with agreement from a coach. Spectators will be asked to stand an agreed distance from the squash net.</p>	Severity: High Likelihood: Very rare	Signage provided on the squash court doors, and all coaches to teach players these guidelines and safety procedures.
Lack of a warm-up resulting in muscular injury.	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.	Severity: Low Likelihood: Infrequent	Refer to England Squash Technical sheet number 13 for 'guidelines for safety on Squash Courts

<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. 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. 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 compulsory for U19s, 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' Eye protectors should be selected from those specifically designed for Squash. It is recommended that doubles squash should always be played wearing 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'. Rackets 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. Club members and coaching participants are required to be clear about any major medical conditions which could prove a problem, by advising the coach and/or committee in advance.</p>	<p>Severity: High Likelihood: Rare</p>	<p>If a coach has a major medical condition, he/she is advised to inform the committee/coach 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 coach. All blood should be cleaned up and gloves should be worn to prevent cross-contamination. The first aid box is available by the entrance or from the coach</p>	<p>Severity: High Likelihood: Very rare</p>	