

<b>Centre: Cambridge University</b>	<b>Date: 07/09/2020</b>	<b>Review Date: 25/09/2024</b>
<b>Risk Assessment: Injuries to athletes, third parties or damage to third party property through participation in Modern Pentathlon</b>		

**Description of the activity, equipment or area under assessment**  
**Participation in Training and Competition at home venues and at away matches**

<b>Significant hazards</b>	<b>What could go wrong</b>	<b>Risk level</b> (High, Medium or Low)	<b>Existing control measures</b>	<b>Further actions</b>
<b>Participation in Training and Competition at home venues and at away matches</b>				
Injury to athlete	Bad injury	Medium	All athletes informed of the risks before taking part. Health and Safety briefing occurs before the fence & shoot phases at competitions. Competitor fencing kit & guns checked to make sure they reach the correct safety standard. Club fencing kit & guns continuously monitored for signs of damage.	None
Damage to third party property	Significant damage	Low (fencing), Low (laser shooting)	Fencing and shooting only takes place in areas specifically designed for that purpose.	None
Spectators & Referees	Spectators being hit with an epee if stood too close to the piste	Low	Spectators told to stand at the end of the fencing pistes to watch bouts, only referees allowed to stand in between pistes and they are briefed as to the safe distance to stand.	None
Injuries/ Ill-health from any of the five sports (but particularly applicable in the ride)	Ill health, previous injuries, medical conditions, muscle strains, joint problems, breaks, sprains, dehydration, over-training, stress from training, sport, family life, work or studies affecting athletes' ability to perform safely	Medium	Athletes should not train or compete when ill or injured  Senior committee members (president & captains) should make sure they are aware of medical conditions, injuries and the health of players and advise training restrictions to minimise further injury. Athletes are asked to state any existing medical conditions when they sign up to be a member of CUMPC.  Senior committee members should be aware of the location of any athlete's relevant personal medication which may be necessary if the player is taken ill.	None

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			<p>Senior committee members, in consultation with a First Aider and the athlete themselves, should consider carefully whether an injured athlete should continue. Where necessary, or if in doubt, the athlete should cease training or retire from the competition and seek further medical advice.</p> <p>Adequate and appropriate warm up and warm down should be undertaken. Appropriate clothing for the weather should be worn between phases at competition and athletes should keep well hydrated</p>	
Injuries sustained through training	Including but not limited to: Cuts and scratches obtained from fencing blades, broken bones, muscle strains, tendon injuries from falling from a horse, muscle strains, tendon injuries from inadequate warm up and warm down before & after sessions	Medium	<p>Coaches and Captains must make sure they are aware of medical conditions, injuries and health of athletes and adapt or restrict training accordingly.</p> <p>Athletes and coaches suitably dressed for the weather conditions where appropriate</p> <p>Warm up/Cool down appropriate to the nature of the activity.</p> <p>Riding lessons to always be led by a qualified instructor with first aid facilities close to hand at the stables. Riding ability forms filled out before athletes allowed to participate in riding to allow athletes to be grouped by ability and coached accordingly. Riding assessment forms must be signed before athletes are allowed to compete in the riding discipline. CUMPC only endorses riding schools that have carried out their own risk assessments and which have their own insurance policies in place.</p> <p>All athletes given thorough coaching in fencing and shooting by either a qualified coach or experienced member of the club before being allowed to participate in training drills and competitions.</p> <p>Athletes must, at all times, conduct themselves in an appropriate manner and behave responsibly particularly when using fencing blades and laser guns. If at any time athletes are seen to be misusing equipment or acting in a way that is dangerous to themselves or others a warning is given by senior committee members before disciplinary action (such as exclusion from</p>	None

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Violent Conduct	Violent conduct by athletes	Low (highest probability during the fence phase)	<p>training) is undertaken. All athletes agree to a code of conduct when signing up to be a member of CUMPC.</p> <p>Captains are at all times responsible for the behaviour of their teams.</p> <p>Athletes are under the jurisdiction of suitably experienced/qualified referees/judges throughout the competition for each phase. Athletes must always respect the decision of the referee/judge.</p> <p>Sanctions such as exclusion from a phase or disqualification from the entire competition are in place if violent or disrespectful behaviour occurs.</p> <p>Athletes are expected to act responsibly at all times, following the policies and code of conduct set out by Pentathlon GB.</p> <p>All athletes agree to a code of conduct when signing up to be a member of CUMPC.</p>	None
Playing Surface	<p>Slips, trips and Falls to athletes, spectators, officials and coaches.</p> <p>Tripping over groundwires or other fencing equipment while on piste</p> <p>Tripping over clothing or equipment left out while running in and out of the range on combined run-shoot training</p> <p>Slipping on poolside, on wet track, or wet floor when fencing</p>	Low-Medium	<p>Fencing pistes clearly marked out and areas designated for scoring equipment. Spectators not to approach these areas. Groundwires taped to the floor to minimise trip hazard. Correct footwear worn for all sports.</p> <p>Bags and other equipment not brought into the area where fencing is happening, or left in a designated area</p> <p>Route between the running track and shooting range clearly marked out and left clear. Designated area in the shooting range for leaving bags and clothing.</p> <p>Care taken on poolside, no running. Instructions given by the lifeguard to be followed at all times. Correct running footwear worn for all training sessions and competitions.</p> <p>Dry any wet flooring before fencing, ensuring athletes keep clear from any slip hazards.</p>	None

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Restricted Areas	Injury to spectators or players	Low	All site users must conform to notices and instructions given by facility staff whilst on site and must not enter restricted areas that have been put in place for their protection.	None
Travel/Driving	Possibility of road accident	Low	<ol style="list-style-type: none"> <li>1. Drivers have a valid UK driving license and appropriate insurance.</li> <li>2. Drivers do not drive under the influence of drugs or alcohol or any other substance that could impair reactions etc.</li> <li>3. Members behave sensibly at all times in vehicle and obey car driver's instructions.</li> <li>4. Seat belts are provided for members to wear.</li> <li>5. Where possible book driven transport</li> </ol>	None
Transporting Equipment	Injury due to transporting and handling sport equipment	Low	<p>Do not overload any vehicles transporting equipment.</p> <p>Do not leave equipment items lying loose in vehicles, keeping dashes clear, keeping the interior of the vehicle clear, and strapping down equipment</p> <p>Do not carry too many items or too much weight by hand at once, having multiple individuals assist in transporting items by hand</p> <p>Reduce the height at which equipment is stored as far as possible, and store items safely so that they do not fall out of storage units</p>	None
<b>FENCING Specific Hazards</b>				
Being stabbed by epee	Injury if not wearing protective clothing	Low	Members are fully briefed on safety and conduct at first training session.	
Breaking of epee	Injury from broken end	Low	Epees are checked regularly by committee members for faults/weakness (especially prior to competitions). Any malfunctioning weapons are taken to the local armorer, and broken epees are safely disposed of.	Armoury to be assessed at least every year before the start of Michaelmas term
Wires of fencing pistes	Members may trip over wires and injure themselves	Low	Pistes set up carefully, with members aware of boundaries	May progress to wireless pistes (HitMate),
<b>LASER SHOOTING Specific Hazards</b>				
Unsafe use of guns by novice or inexperienced	Injury to member	Low	<ol style="list-style-type: none"> <li>1. All members to be trained on the safe use of equipment and abide by the Club's Safety Policy and Pentathlon GB pistol safety rules.</li> </ol>	

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
members			2. Laser pistols should be stored and transported in their boxes.	
Personal injury damage from use of laser pistols	Damage to eye sight	Low	<ol style="list-style-type: none"> <li>1. All laser pistols used in club sessions should be Pentathlon GB approved.</li> <li>2. Guns, pistol boxes and storage cupboards should all have proper laser warning signs</li> <li>3. Down range area to be kept clear of reflective surfaces such as metals or glass.</li> <li>4. Guns to be kept pointing down range at all times.</li> <li>5. Guns should always be handled as if they were loaded, and never pointed at people even if thought to be safe.</li> <li>6. All athletes agree to a code of conduct when signing up to be a member of CUMPC.</li> </ol>	
<b>RUNNING/MOVING Specific Hazards</b>				
Surface	Slips, trips and Falls to athletes	Low	<ol style="list-style-type: none"> <li>1. Correct running footwear worn for all training sessions and competitions.</li> <li>2. Dynamic risk assessment completed on arrival of site to ensure surface is safe for athletes</li> <li>3. For para athletes, additional consideration should be given for those using wheelchairs and walking aids, making a dynamic assessment of surfaces to ensure they are safe for these athletes</li> <li>4. Where possible, adjust training routes and surfaces to ensure athlete safety</li> </ol>	Consider changing training area if it is consistently not suitable
Area	Injury due to athletes entry and exit route to and from range & run course	Low	<ol style="list-style-type: none"> <li>1. Brief athletes of run/move course at the start of a training session</li> <li>2. Control entry and exit routes</li> <li>3. Clear marking of start and finish areas</li> <li>4. When necessary in order to avoid collisions, provide separate entry and exit routes for para athletes</li> </ol>	
Low light conditions	Slips, trips, falls and collisions due to training in low light conditions	Medium	<ol style="list-style-type: none"> <li>1. Wear reflective or bright clothing when training in low light conditions to ensure athletes are visible to other athletes and bystanders</li> <li>2. Light dark areas of training routes using athlete held torches and/or lanterns placed along training routes</li> </ol>	
<b>RIDING Specific Hazards</b>				

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
Mounting and dismounting horse	Possibility of horse moving off as rider tries to mount or dismount	Low	<ol style="list-style-type: none"> <li>1. Rider MUST wear protective headgear to the current approved standard and have the chin strap correctly adjusted and fastened at all times.</li> <li>2. Rider must wear appropriate footwear with a smooth sole and small heel, trainers and Wellington boots are not suitable.</li> <li>3. Mounting block is provided.</li> <li>4. Rider to be in control of horse while mounting/dismounting i.e. maintain hold of reins.</li> <li>5. Girth tightness to be checked prior to mounting.</li> <li>6. Another person is available to help control the horse and to hold stirrup to prevent saddle moving.</li> <li>7. Always mount/dismount from the near side.</li> </ol>	
Warm-up session/ Show jumping round	Possibility of falling off horse, being trampled/kicked after having fallen off own horse.	Low	<ol style="list-style-type: none"> <li>1. Rider MUST wear protective headgear to the current approved standard and have the chin strap correctly adjusted and fastened at all times.</li> <li>2. Rider must wear appropriate footwear with a smooth sole and small heel, trainers and Wellington boots are not suitable.</li> <li>3. Instructor holds British Horse Society Intermediate Instructor's Certificate or higher.</li> <li>4. Instructor holds appropriate up to date first aid certificate.</li> <li>5. First aid kit is available at stables.</li> <li>6. Test /round to take place in an enclosed arena with appropriate floor covering.</li> <li>7. Riders are allocated horses based on their ability as assessed by the instructor.</li> <li>8. Horses are fit to be ridden as assessed by instructor.</li> <li>9. All tack is in good working condition as assessed by instructor.</li> <li>10. Riders to ensure girth is tight enough.</li> <li>11. Riders to be aware they are not under direct instruction.</li> <li>12. Riders to inform instructor if they are not comfortable with what they are being asked to do, the horse that they have been assigned or feel at all unsafe.</li> </ol>	
Handling of horses in stable/yard	Horse may kick out, bite or tread on rider's foot.	Low	<ol style="list-style-type: none"> <li>1. Instructor holds appropriate up to date first aid certificate.</li> <li>2. First aid kit is available at stables.</li> <li>3. Horses to be lead correctly with reins overhead (unless martingale is worn), stirrup irons run up stirrup leathers and with rider on near side of horse.</li> </ol>	

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
			<p>4. Horse to be tied securely with quick release knot to loop of string (not directly to metal ring) when in yard or securely shut in stable.</p> <p>5. Tacking up by riders is checked by instructor or stable staff prior to mounting</p> <p>6. Riders are aware of the unpredictable nature of horses and do not take unnecessary risks, e.g. do not pass close to the rear of the horse.</p> <p>7. Maximum of 2 people in stable with horse at any one time so as not to crowd the horse.</p>	
<b>SWIMMING Specific Hazards</b>				
Swimming	Drowning	Low	Qualified lifeguards are always present on poolside during training sessions and competitions	
Swimming	Collision in the pool	Low	Ensure directional swimming is applied to avoid swimmer collisions during warm up	
Diving	Members may injure themselves on bottom of pool	Low	<p>1. Check depths at ends of swimming pool and advise athletes</p> <p>Only permit members to dive from deep end and ensure that surrounding water is clear before permitting diving practice</p> <p>2. Check that all starting blocks are fitted safe and secure</p>	
<b>OBSTACLE RACING Specific Hazards</b>				
Obstacles	Slips and falls	Low	<p>1. Regularly check grounds to it keep clear of items or debris</p> <p>2. Advise athletes on appropriate footwear with good grip</p> <p>3. Perform dynamic assessment of obstacles for increased slip risks (e.g. after wet weather for outdoor obstacles)</p> <p>4. If using crash mats as a safety measure, ensure they are arranged as to not a cause trips and falls</p>	
Obstacles	Falls from heights	Medium	<p>1. Athletes advised on climbing up and down obstacles high obstacles, not jumping down</p> <p>2. Use crash mats where appropriate to reduce impact of falls</p> <p>3. Advise athletes to work within their competencies for hanging obstacles (e.g. rings, monkey bars) to reduce falls risk</p>	
Obstacles	Collisions with other athletes	Low	1. Advise athletes to attempt obstacles one at a time, leaving sufficient space for other athletes	
Obstacles	Obstacle collapse/damage	Low	<p>1. Assess obstacles for damage before use</p> <p>2. Advise athletes to report any damages that have been found or occurred during the session</p> <p>3. Work with Obstacle Course Racing facilities' teams to ensure proper checks have been made on all obstacles in use</p>	

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**PERSONAL PROTECTIVE EQUIPMENT (PPE)**

ATHLETES	YES	Club provides all necessary fencing equipment maintained to a safe standard All athletes must wear the correct standard riding hat when riding, whether in training or competition
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**HEALTH SURVEILLANCE**

Is Special Monitoring required? (e.g. hearing test, eye test, health surveillance). No
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**EMERGENCY PROCEDURES**

<p>Action to be taken in case of reasonably foreseeable emergencies - If in any doubt, seek advice by calling 999, and tell the Porters/Sports Centre staff so that they can direct the ambulance.</p> <p><u>First Aid</u></p> <p>Sports Centre and Swimming Pools: First Aid room, first aid kit, ice and telephone available in the Sports Centre. Where possible Sports Service Staff trained in First Aid. First aid kit available at shooting range and on poolside – lifeguards trained in first aid.</p> <p>Wolfson College Lee Hall: Contact Porters' Lodge, where first aid box is located, telephone if required (01223 335900). Porter's are trained in First Aid if further assistance is required.</p> <p>Churchill College Grounds: Report the injury to the Porters' Lodge. where they can assist with First Aid. All Porters are First Aid trained. (01223 336000)</p> <p>Any special First Aid Measures required? No</p>
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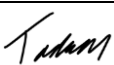



**ASSESSOR**

Name of assessor:	Signature:	Date	Name of Supervisor:	Signature:	Date



Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
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#### REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here
Tadeusz Ciecierski-Holmes		03/10/2021	None
Tadeusz Ciecierski-Holmes		15/07/2022	<p>Amendments made to address use of Lee Hall space.</p> <ul style="list-style-type: none"> <li>• Wolfson specific first aid information</li> <li>• Addressing possibility of slippery floors when wet</li> <li>• Added general policy about transport of equipment</li> </ul> <p>Additional amendments</p> <ul style="list-style-type: none"> <li>• Removed section relating to air pistols (no longer in use by the club)</li> <li>• Removed section relating to COVID-19 measures, as no longer in use.</li> </ul>
Tadeusz Ciecierski-Holmes		15/01/2023	<p>Amendments made to address use of Churchill College grounds:</p> <ul style="list-style-type: none"> <li>• Churchill specific first aid information</li> </ul>
Tadeusz Ciecierski-Holmes		16/09/2023	<p>Amendments made to address introduction of para athletes to Laser Run:</p> <ul style="list-style-type: none"> <li>• Additional lines added to address para athletes requiring further considerations in terms of training surfaces and avoiding collisions with other athletes</li> <li>• Added running in low-light conditions to risk assessment</li> <li>• Added line on storing equipment</li> </ul>
Tadeusz Ciecierski-Holmes		05/07/2024	None
Tadeusz Ciecierski-Holmes		25/09/2024	<p>Amendments made to address introduction of Obstacle Course Racing (OCR) to Pentathlon training.</p> <p>Riding section left in given some athletes may still arrange training through club contacts, though we will not be organising training through the club this year.</p> <p>Restructured table to make headings clearer.</p>