

Centre: Cambridge University	Date: 07/09/2020	Review Date: 03/10/2021
Risk Assessment: Injuries to athletes, third parties or damage to third party property through participation in Modern Pentathlon		

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

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

			<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>	
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Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
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</p>	None

			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 training) is undertaken. All athletes agree to a code of conduct when signing up to be a member of CUMPC.	
Violent Conduct	Violent conduct by athletes	Low (highest probability during the fence phase)	<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

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
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</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>	None

	range on combined run-shoot training Slipping on poolside or on wet track		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.	
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.	
Travel/Driving	Possibility of road accident	Low	1. Drivers have a valid UK driving license and appropriate insurance. 2. Drivers do not drive under the influence of drugs or alcohol or any other substance that could impair reactions etc. 3. Members behave sensibly at all times in vehicle and obey car driver's instructions. 4. Seat belts are provided for members to wear. 5. Where possible book driven transport	

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
FENCING				
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 armourer, and broken epees are safely disposed of.	
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),
LASER SHOOTING				
Charging and discharging laser pistols	Injury to member when uncontrolled charging/discharging of laser pistols.	Low	1. All participants instructed how to safely recharge and use compressed air cylinders. 2. Pistols to be kept boxed when travelling. 3. Pistol air cylinders to be serviced every 3 years.	

			4. Boxes and cupboards where compressed air is stored to have safety warning.	
Unsafe use of guns by novice or inexperienced members	Injury to member	Low	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.	
Personal injury damage from use of laser pistols	Damage to eye sight	Low	1. All laser pistols used in club sessions should be Pentathlon GB approved. 2. Guns, pistol boxes and storage cupboards should all have proper laser warning signs 3. Down range area to be kept clear of reflective surfaces such as metals or glass. 4. Guns to be kept pointing down range at all times. 5. Guns should always be handled as if they were loaded, and never pointed at people even if thought to be safe. 6. All athletes agree to a code of conduct when signing up to be a member of CUMPC.	
RUNNING				
Running surface	Slips, trips and Falls to athletes	Low	1. Correct running footwear worn for all training sessions and competitions. 2. Dynamic risk assessment completed on arrival of site to ensure running surface is safe for athletes	
Running area	Injury due to athletes entry and exit route to and from range & run course	Low	1. Brief athletes of run course at the start of a training session 2. Control entry and exit routes 3. Clear marking of start and finish areas	
RIDING				
Mounting and dismounting horse	Possibility of horse moving off as rider tries to mount or dismount	Low	1. Rider MUST wear protective headgear to the current approved standard and have the chin strap correctly adjusted and fastened at all times. 2. Rider must wear appropriate footwear with a smooth sole and small heel, trainers and Wellington boots are not suitable. 3. Mounting block is provided. 4. Rider to be in control of horse while mounting/dismounting i.e. maintain hold of reins. 5. Girth tightness to be checked prior to mounting. 6. Another person is available to help control the horse and to hold stirrup to prevent saddle moving. 7. Always mount/dismount from the near side.	

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"> 1. Rider MUST wear protective headgear to the current approved standard and have the chin strap correctly adjusted and fastened at all times. 2. Rider must wear appropriate footwear with a smooth sole and small heel, trainers and Wellington boots are not suitable. 3. Instructor holds British Horse Society Intermediate Instructor's Certificate or higher. 4. Instructor holds appropriate up to date first aid certificate. 5. First aid kit is available at stables. 6. Test /round to take place in an enclosed arena with appropriate floor covering. 7. Riders are allocated horses based on their ability as assessed by the instructor. 8. Horses are fit to be ridden as assessed by instructor. 9. All tack is in good working condition as assessed by instructor. 10. Riders to ensure girth is tight enough. 11. Riders to be aware they are not under direct instruction. 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. 	
Handling of horses in stable/yard	Horse may kick out, bite or tread on rider's foot.	Low	<ol style="list-style-type: none"> 1. Instructor holds appropriate up to date first aid certificate. 2. First aid kit is available at stables. 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. 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. 5. Tacking up by riders is checked by instructor or stable staff prior to mounting 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. 7. Maximum of 2 people in stable with horse at any one time so as not to crowd the horse. 	
SWIMMING				
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	<ol style="list-style-type: none"> 1. Check depths at ends of swimming pool and advise athletes Only permit members to dive from deep end and ensure that surrounding water is clear before permitting diving practice	

			2. Check that all starting blocks are fitted safe and secure	
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COVID19 Specific risk assessment

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
Person-to-person transmission	One member tests positive	Medium	A record of the participants to each session will be kept and available for track and trace protocols.	
FENCING				
Person-to-person transmission	Accidental close contact between athletes when fencing	low	Both athletes are wearing full protective equipment and contact in a fencing match is kept to a minimum.	
Surface transmission	Equipment sharing between athletes	low-medium	For the time being, no equipment will be shared. As much as possible, each member will be attributed a set of fencing equipment and keep it for the full term. A small reserve of communal kit will be kept for new reserves, and this will be sanitised between each session.	
Person-to-person transmission	Having multiple athletes indoors	medium	When possible (competitions, training camps), fencing will be done outside to ensure a proper ventilation. When not possible, at the sport centre for example, the number of participants in the Studio will be limited in line with public health guidelines.	
LASER SHOOTING				
Person-to-person transmission	Close proximity at the shooting range	low	Sufficient distance will be maintained between each shooting station.	
Person-to-person transmission	Having multiple athletes indoors	low-medium	When possible, outside space such as the covered area in the sport centre will be used for training sessions. When indoors, the number of participants will be limited in line with guidelines and all athletes will wear masks.	
Surface transmission	Sharing guns	medium	As much as possible, each athlete will be attributed a gun for the term and won't share it (with the exception of athletes being part of the same household). As the stock of guns is limited, this will not always be possible. We will therefore keep a stock of guns to be shared: these guns will be fully cleaned between each session and will only be used by one athlete during a session.	
RUNNING				
Person-to-person transmission	Close proximity	low	Running will be done outside and in small groups to ensure social distancing at all times.	
RIDING				

Transmission	At the riding stables	medium	Riding stables have protocols in place to ensure the safety of the riders, we will ensure that all athletes are aware of these protocols	
Person-to-person transmission	Driving to the stables	medium	When possible, and depending on the evolution of the official guidelines, we will limit as much as possible athletes (from different households) sharing cars.	
SWIMMING				
Transmission	At the swimming pool	medium	Swimming pools have protocols in place to ensure the safety of the swimmers, we will ensure that all athletes are aware of these protocols.	

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

EMERGENCY PROCEDURES


Action to be taken in case of reasonably foreseeable emergencies - Ambulance called in emergency First Aid 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.
Any special First Aid Measures required? No

ASSESSOR

Sept-2020

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

REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here
Tadeusz Ciecierski-Holmes		03/10/2021	None