



Alton Hockey Club - Session Risk Assessment

Location	
Session (Junior training/men's 1st XI game)	
Date & time	
Number of participants	
Coaches	
Helpers	
First Aiders	

Checklist	Yes/No
Every participant has filled out a membership form including medical information.	
Players who use medicines/inhalers have brought them and we know where they are.	
Is the playing surface safe? (free from frost, debris, standing water, rips or bumps)	
Is there sufficient visibility to play safely? (lights on if appropriate, not foggy)	
Are all players wearing shin pads and gum shields	
Are all participants dressed appropriately for the weather?	

Checklist	Yes/No
Is there a ratio of 1:12 coaches and helpers:players? (Junior training only)	
Is there a first aid kit present?	
Is there a mobile or landline telephone available?	

For any 'No's in the table above, what action has been taken? (Continue overleaf if necessary)

Are there any known medical conditions to be aware of?

If there are exceptional risks from the weather e.g.

Hypothermia/heatstroke/sunburn, what action has been taken?

Signature of lead coach (juniors) or team captain (seniors):