

Site Risk Assessment

Activity	United Cornwall FC - social football sessions			
----------	---	--	--	--

Assessed by:	Jack Greaves	Date assessed:	27/01/2026	
Approved by:		Date issued:		

Next review required		Date reviewed		Reviewed by:	As required or 27/01/2028
Update required (Y/N)		Update approved by:		Date update issued:	

Reviews should be undertaken at least every 3 years or following changes in practice, legislation or an incident.

Hazard	Who might be harmed (see key)	Risk -what might happen and what harm will it cause	Current risk rating (see risk matrix)			Control measures required	Risk after control measures implemented		
			L	C	L x C		L	C	L x C
Outstanding medical condition	Staff, volunteers and Participants	Flair up of old injury, heart attack Minor injury – death	2	5	10	<ul style="list-style-type: none"> Medical form filled out prior to starting – including medical history. Check in with group prior to session First aid kit available at all times First Aider available at all times Mobile phone with signal and battery available always Emergency contact details prior to starting Defib available on site, and location pointed out to lead staff / volunteer 	1	5	5
Stress / fatigue	Staff, volunteers and Participants	Increase of mental health problems, including stress and fatigue Minor – medium mental injury	3	3	9	<ul style="list-style-type: none"> Medical form filled out prior to starting – including medical history. Mobile phone with signal and battery available Emergency contact details prior to starting Session Leads aware of safeguarding procedure 	1	3	3

Hazard	Who might be harmed (see key)	Risk -what might happen and what harm will it cause	Current risk rating (see risk matrix)			Control measures required	Risk after control measures implemented		
			L	C	L x C		L	C	L x C
Physical activity	Staff, volunteers and Participants	Exacerbate heart issues or previous conditions, Minor Injury to Death	2	5	10	<ul style="list-style-type: none"> Medical form filled out prior to starting – including medical history. Check in with group prior to session First aid kit available at all times First Aider available at all times Mobile phone with signal and battery available always Emergency contact details prior to starting Defib available on site, and location made aware to lead staff / volunteer 	1	5	5
Physical contact	Staff, volunteers and Participants	Broken bones, injury, Minor – major injury	2	4	8	<ul style="list-style-type: none"> Medical form filled out prior to starting – including medical history and emergency contact Check in with group prior to session First aid kit available at all times First Aider available at all times Mobile phone with signal and battery available always Emergency contact details prior to starting 	1	4	4
Safeguarding incident	Staff, volunteers and Participants	Mental health issues increased, personal harm, stress for staff member or participant	2	3	6	<ul style="list-style-type: none"> Safeguarding procedures followed in case of incident Safeguarding procedure to be available to all players Session Leads to complete inhouse training, including safeguarding Session briefing prior to sessions which can include safeguarding information 	1	3	3

Hazard	Who might be harmed (see key)	Risk -what might happen and what harm will it cause	Current risk rating (see risk matrix)			Control measures required	Risk after control measures implemented		
			L	C	L x C		L	C	L x C
Sport injury	Staff, volunteers and Participants	Broken bones, injury, Minor – major injury Musculoskeletal injury	2	4	8	<ul style="list-style-type: none"> Warm up / briefing prior to session Medical form filled out prior to starting – including medical history. Checked by GC staff member Check in with group prior to session First aid kit available at all times First Aider available at all times Mobile phone with signal and battery available always Emergency contact details prior to starting Sessions promoted as social, and any dangerous play will be dealt with 	1	4	4
Bang of heads	Staff, volunteers and Participants	Bruising, head injury, head trauma Minor – major injury	2	4	8	<ul style="list-style-type: none"> Potential concussion to be referred to a medical professional First aid trained individual at all times First aid kit available at all times Charged mobile phone with battery available at all times 	1	4	4
Extreme weathers	Staff, volunteers and Participants	Heat exhaustion, hyperthermia, high winds or heavy rains	2	3	6	<ul style="list-style-type: none"> Sessions cancelled in extreme cold or rain Sessions cancelled if amber or red weather warning is in place (use MetOffice) - review if yellow. Session cancelled if risk of snow or ice, making transportation to and from site unsafe 	1	3	3
Dangerous play	Staff, volunteers and Participants	Minor – major injury	2	4	8	<ul style="list-style-type: none"> Briefings prior to sessions to encourage safe play Unsafe play stopped straight away, if deemed necessary individual asked to leave 	1	4	4

Hazard	Who might be harmed (see key)	Risk -what might happen and what harm will it cause	Current risk rating (see risk matrix)			Control measures required	Risk after control measures implemented		
			L	C	L x C		L	C	L x C
Respiratory diseases	Staff, volunteers and Participants	Passing of respiratory disease from one to another	2	4	8	<ul style="list-style-type: none"> • If unwell, players asked not to attend • Anyone who has tested positive for Covid19 asked not to attend 	1	4	4
Grass pitches	Staff, volunteers and Participants	Slipping, broken bones,	4	4	16	<ul style="list-style-type: none"> • Suitable footwear (studded boots winter / astroturf in summer) used at all times • Welcome Pack sent out prior to first session • 	2	4	8
Goal keepers	Staff, volunteers and Participants	Hand injury, hit by ball	3	3	9	<ul style="list-style-type: none"> • Group asked to finish using the side of their foot only • Guidelines sent out to all players 	1	3	3
Shin Pads	Staff, volunteers and Participants	Shin injury / broken bones / broken skin / cuts and bruises	3	4	12	<ul style="list-style-type: none"> • Suitable kit list to be adhered to • Shin pads strongly advised for UCFC social sessions • Shins pads requirement outlined in Kit List for friendlies • Welcome Pack sent out prior to session 	2	4	8
11 a side games	Staff, volunteers and Participants	All injuries above	3	4	12	<ul style="list-style-type: none"> • All players must complete medical and emergency contact form prior to playing. • Kit list to be adhered to at all times • Pitch inspection to take place and game called off if deemed unsuitable 	2	4	8

Hazard	Who might be harmed (see key)	Risk -what might happen and what harm will it cause	Current risk rating (see risk matrix)			Control measures required	Risk after control measures implemented		
			L	C	L x C		L	C	L x C
Language and communication	Staff, volunteers and Participants	Stress / anxiety / bullying	3	3	9	<ul style="list-style-type: none"> All players should be aware of what language is suitable. Leads to feedback any bullying or offensive language Leads to use Session Brief to talk about suitable communication 	2	3	6
Children at Sessions	Staff, volunteers, participants and children	Injury, ball to the face,	2	4	8	<ul style="list-style-type: none"> UCFC asks players not to bring children to our weekly sessions. If children are at UCFC sessions, they are under the responsibility of their parents or guardians at all times. UCFC Volunteers and Staff are not responsible for children around the pitch. Children who are there without parents (general public) may be asked to leave. 	1	4	4

Kit needed – for staff member or lead volunteer

First aid kit
Access to medical history information
Attendance log
Spare drink
Suitable kit as outlined in participant list below

Lead Staff / volunteer should have:

Above kit, First Aid training,, In-house training complete, all equipment necessary

Kit list for participants

Kit Lists are outlined in our Welcome Pack for each session.

Trainers / suitable football boots for the surface, drink, and refreshments, suitable clothing

*For our 11 aside games, a suitable kit list should be provided to each participant prior to the game. This will differ depending on pitch type and conditions, and will be part of the sign up document.

Risk Matrix

The table below should be used to calculate the level of risk. The activity should only continue once the level of risk has been brought into the green area through the implementation of control measures. If it is still in the orange, discuss with your line manager if the risk is acceptable before going any further.

Remember the level of risk can change in different conditions and in different settings. If in doubt, do not undertake the proposed operation.

Stop! Implement controls to reduce the risk to below 6 before continuing

		Consequence (C)				
		Insignificant (no injury)	Minor injury (needing first aid)	Moderate (1-3 days absence)	Major Injury (4+ days absence)	Catastrophic (Life changing injury or death)
		Score				
	Score	1	2	3	4	5

Stop.
 Implement controls to reduce the risk to below 6 before continuing

Likelihood (L)	Very Likely	5	5	10	15	20	25
	Likely	4	4	8	12	16	20
	Possible	3	3	6	9	12	15
	Unlikely	2	2	4	6	8	10
	Very Unlikely	1	1	2	3	4	5

- 1-2** No further action needed but ensure controls are maintained and reviewed
- 3-6** Continue but monitor the situation and aim to improve at the next review or if there is a significant change
- 8+** Stop and improve control measures to reduce risk to 6 or below and move into the green zone before continuing

Staff and Volunteers Sign Off

By signing the declaration below you have agreed that you will put the appropriate control measures in place to ensure that hazards are reduced and that the risks applicable to your stand are controlled.

Name	Signature	Date	Additional Hazards Identified?
