



## Risk Assessment Form:

<b>Venue:</b>  <b>Date:</b> <b>Start Time:</b>  <b>Official in charge:</b>		<b>Activity/event:</b>	<b>Persons involved:</b> <b>Pullers, Officials, Judges, Marshalls, Spectators</b>	
Risk prior to measures	Who may be harmed	Precautions	Any further actions/venue specific risk	Risk rating after measures
Clothing or jewellery getting entangled on Rope	Participants	Visual check of participants, they should wear appropriate clothing and shoes, remove jewellery	Deliverers to check clothing is suitable and no jewellery	Trivial
Participants colliding with each other or equipment.	Participants	Designate safe area. Draw attention to surface blemishes, Only Teams pulling allow in the Area	Crowd control barriers in place	Low
Collisions with non-participants	Participants & nonparticipants	Ensure area is free from other users, Marshals to remain vigilant to those who may enter area. Halt session if required.	Use designated areas only, Crowd control barriers in place	Trivial
Tripping and falling onto a hard surface	Participants	Make participants aware of dangers e.g., slipping, tripping.		Low
Contact with foreign elements/objects on the pulling surface	Participants	Inspect surface prior to start of session, remove any hazards		Trivial
Lack of control of Rope leading to accidental injury of other people.	Participants	Brief demonstration and basic training to be given to all participants prior to event. Reinforce safety message and TOWI rules to coaches and teams before competition. Establish safe spacing between each group. Marshals to control the teams/Spectator's entering the area. Discipline any negative or potentially dangerous behaviour,	Use qualified officials, code of conduct for participants, Competent Marshals	Trivial



Surface/Conditions for Pulling	Participants	Participants to all wear similar footwear	Judge to inspect footwear before pulling.	Low
Slips, Trips & Falls	Participants/ Spectator's	Keep pulling area barriered off from spectators, reinforce trip hazard to pullers during safety message	Entry and exit onto mat one way system	Low
Muscular injury though excessive stress/strain. Injury though incorrect execution of activity.	Participants	Follow warm up exercises. Follow governing body guidelines and adhere to safe practice. Reinforce safety messages.	Assess quality and appropriateness of mats and rope.	Low
Showing a negative physical response to exercise – overly heavy breathing, dizziness etc.	Participants	Observe physical responses.	First aid provision on day.	Trivial
Fall on Mat/ burn	Participants	Make participants aware of dangers e.g.; tripping falling. Pulling should be well controlled by Judges/Coaches		low
Trip or fall whilst using stairs	N/A	N/A	N/A	Low
Twist/turn of joint e.g., ankle, knee, wrist.	Participant	Suitable warm ups and activities to be delivered by Competent person	First Aid provision	Low
Hot / humid conditions	Participants/ Leaders/	Team Coaches to ensure participants wear appropriate clothing for conditions. Plenty of water breaks.		Trivial
Electricity cables/wires causing injury or trip/fall.	N/A	N/A	N/A	Low
Moving vehicles & Parking	Participants/ Leaders/ deliverers	Control areas where vehicles will be moving and use warning signage.	Signs put up prior to start of event. Employment of car park attendants	Low



Severity				
First Aid, Minor	Minor Injury, Restricted <u>Work</u> , <u>Day</u> case	Major Injury, Lost time Injury	Permanent, Total Disability, Single Fatality	Multiple Fatalities
1	2	3	4	5
1	2	3	4	5
2	4	6	8	10
3	6	9	12	15
4	8	12	16	20
5	10	15	20	25

- Please ensure that Risk Assessment is reviewed by Club and all risks identified and precautions taken are agreed with and adhered to.
- Ensure that all competitors sign the Competition Sheet waiver.
- Ensure that your official makes all coaches aware of the competition format and advises on all safety aspects of the competition.
- Please ensure that Club follows all TOWI Guidelines
- Any deviations from this Risk Assessment need to be noted and communicated to TOWI.
- Once reviewed please sign and date the Risk Assessment and email back ASAP [secretary@tugofwarireland.com](mailto:secretary@tugofwarireland.com) for review by insurance company prior to event.

### Signed

<b>Chairman:</b>	<b>Print Name:</b>	<b>Date:</b>
<b>Secretary:</b>	<b>Print Name:</b>	<b>Date:</b>