

Area: Discover - Kick a goal

Year: 2025

Assessor: Mark & Emma Spiller

Reviewed by: C Tompkins 12.05.2025

Hazard	Who Might Be Harmed	Is the Risk Adequately Controlled, or is More Needed	Review and Revision
Trips, falls, bumps, grazes	Young people, adults	Adult supervision by activity leader and group leaders at all times	
		Rules for game to be explained before participation	
		Many leaders will have First Response training, with additional support from on-site First Aid	
Ball to face, head injury, from direct kick or rebound	Goalkeepers, young people & adults	More than one goal keeper to be used to reduce risk	
		Plastic balls to be used	
		Supervising leader to supervise goalkeepers too	
		In the event this happens, activity to be stopped and assessment to be carried out, instructions to be added to activity leader pack (see below	
		for instructions	
Post activity concusion from head injury	Goalkeepers	In the event this happens, activity to be stopped and assessment to be carried out, instructions to be added to activity leader pack (see below	
		for instructions	
		Plastic balls to be used	
		First aid team to be informed	

1. Initial Observation:

Look for visible signs: A dazed or blank look, lying motionless or slow to get up, unsteady balance, or slow responses to questions.

Check for external trauma: Any obvious signs of injury to the head or neck.

Assess responsiveness: Is the player alert and aware of their surroundings?

2. Question the Player (if conscious and responsive):

Orientation: Ask basic questions about the game, such as:

"What venue are we at today?"

"Who scored the last goal?"

"What half is it now?"

Memory: Ask about recent events or instructions.

General Well-being: Inquire about:

Headache

Dizziness

Nausea

Visual problems

Fatigue

"Feeling off"