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| Work/Activity: Afro-brasilian and Capoeira workshop |
| [Enter details of what activity you are risk assessing. Include locations, times, dates, numbers of people, duration and activity descriptions]The University of Southampton Capoeira Society is organising an afro-brasilian dance and Capoeira workshop on the 15th March 2020 in the Activity Room.Three experimented instructors will be present to deliver the workshops: two workshops of afro-brasilian dance and two workshops of Capoeira. This will be attended by a minimum of two people, and a maximum of thirty to fourty people (room capacity of 60).There will be a mix of beginners and more advanced people attending the workshops.There will be a range of different movements, including acrobatics, but these will only be performed under guidance of the instructor. There should be no contact during the workshops. No specific equipment will be used during the workshops. Musical instruments will be used during some training sessions.  |
| Group: University of Southampton Capoeira Society | Assessor(s): SUSU Democracy | Contact: democracy@susu.org |
| Guidance/standards/Reference documents  | Competence requirements |
| [Please enter any H&S guidance referred to when write this Risk assessment. This could be codes of practice from your NGB or industry body, group policies, instructions, manufacturer’s guidance, advice from HSE, useful websites or copies of qualifications and certificates.][e.g]* <http://www.hse.gov.uk/Risk/faq.htm>
* <https://www.susu.org/groups/admin/howto/risk>
 | **Role:** [who has what H&S responsibilities for each task e.g. event stewards] | **Skills, experience or qualifications** [what training/experience has this person had to undertake their H&S responsibilities] |
| Committee members have responsibility to ensure that safety for the group is managed at all times.The instructor will oversee safety of those training.The instructor will have responsibility for any movements that have inherent risks for inexperienced people.  | Health and Safety training should be provided by SUSU.Instructor has over 30 years experience of Capoeira.At least one member of the Committee should have some basic knowledge of first aid. |
| Risk assessments linked |
| [Identify areas of your activity which will fall under a different risk assessment. For example, fire risk assessments when using a building will have been covered by the premises operator.] * Fire risk assessment – SUSU
* Manual handling – SUSU
* Health and Safety Policy - SUSU
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| Task | Hazards | Who might be harmed and how | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Residual risk/9 | check SA/DM |
|  Training | Trips/slips/falls | People training | Make sure the floor is dry and is sufficiently clean (mop/sweep) before any movement is performed.Correct footwear should be used (trainers with some grip).The participants will be warned in advance about the correct type of footwear to bring.Remove any trip hazards. | 3 | Adequate time should be used to prepare the space to ensure the safety of those who will train.  | Committee members | 2 |   |
|    Training | Strain/sprain/pulled muscle | People training | People training will warm up adequately before doing any movement. The instructors will start the workshops by some warmup movements.Opportunity to warm down will be provided at the end of class. | 3 | For more exerting moves, additional warm ups may be done. This will be advised by the instructors, but should also be managed by the people training.Warm ups/down may be led to ensure full coverage of the muscles. | Instructor | 2 |   |
|    Training | Collision with other people who are training | People training | People should train with enough space for each specific move when training separately. When training together, control should be exercised by the people training.  | 2 | Care should be taken by the people training. People will be advised to pay attention to each other when training. | People training | 2 |   |
|    Training | Accidental contact with other people who are training | People training | Each move should be done under the supervision of the instructors.People must take care not to knock each other. | 2 | Care should be taken by the people training. | People training/Instructor | 2 |   |
|    Training | Kicks/hits | People training | Each move should be done under the supervision of the instructor.  | 4 | Care should be taken by the people training. | Instructor | 2 |   |
|    Training | Accidents with instruments | People training | People should act responsibly with instruments to avoid poking each other. | 1 | Care should be taken by the people training. | People training | 1 |   |
|    Training | Acrobatic moves | People training  | Acrobatic moves will be done under supervision of the instructor. Alternative movements may be proposed.  | 4 | Mats may be used where necessary.  | Instructor | 2 |   |
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| Reviewed By: | Comments: |
| Responsible person (SA/DM): | Date: |  |
| SUSU H&S manager (where applicable): | Date: |  |

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| Likelihood |
| Impact | 3 | 6 | 9 |
| 2 | 4 | 6 |
| 1 | 2 | 3 |

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| Likelihood |
| Level | **Description** |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | May occur only in exceptional circumstances |

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| Impact |
| Level | **Description** |
| High (3)  | Major Injury or Death; Loss of limb or life-threatening conditions. In hospital for more than 3 days, and/or subject to extensive prolonged course of medical treatment and support.  |
| Medium (2) | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months. |
| Low (1) | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |