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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Southampton University Aikido Society** | **Date** | **23/04/19** |
| **Club or Society** |  | **Assessor** |  |
| **President or Students’ Union staff member** | ***Bruno Colato*** | **Signed off** |  |

| ***PART A***  |
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| **(1) Risk identification** | **(2) Risk assessment** | **(3) Risk management** |
| **Hazard** | **Potential Consequences** | **Who might be harmed****(user; those nearby; those in the vicinity; members of the public)** | **Inherent** |  | **Residual** | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |
| Aikido techniques | Moderate injuriesIncluding, but not limited to; sprained joints, strikes to parts of the body, winding | Members of the society actively practising techniques | **2** | **2** | **4** | Only teach techniques that are within the capabilities of all members of a class | **1** | **2** | **2** | Ensure that all members know their limits of flexibility. and how to stay in control of their practise partner(s).  |
| Aikido Techniques | Minor InjuriesIncluding, but not limited to; mat burn, abrasions, small cuts and bruises | Members of the society actively practising techniques | **2** | **1** | **2** | Ensure that all members of the society practise in suitable clothing, and that the mats are clear of all debris before each class | **1** | **1** | **1** | Check your individual practise area thoroughly before all practise.  |
| Aikido Techniques | Major InjuryIncluding, but not limited to; dislocated joints (e.g. fingers, and shoulders), fractured bones, broken bones | Members of the society actively practising techniques | **1** | **4** | **4** | Only teach techniques that are well within the abilities of all members of the class. Ensure that all practitioners know the limits of their flexibility, and what is involved in each technique. Ensure that all practitioners know how to control all techniques, show restraint, and if necessary stop if their practise partner shows any signs of distress, or pain, for whatever reason. Ensure that all members of the class know the risks involved with every technique, and how to control the techniques. | **1** | **4** | **4** | There are no other reasonable measures that can be taken to avoid a major injury. However as this is a martial art, it is always a risk, although it is highly unlikely.  |
| Wooden Training Aids | Moderate/Minor InjuriesIncluding, but not limited to; bruises, knocks and bumps, hairline fractures, concussion.  | Experienced members of the society actively practising with the training aids  | **2** | **2** | **4** | Training aids will only be used in one invitational class per fortnight, with an experienced coach. Numbers will be limited, and only experienced members will be invited. This will ensure that only members who know are experienced enough to control the training aids and not cause injury will be involved. Limited numbers will ensure that enough space is kept between practitioners.  | **1** | **3** | **3** | There are no other reasonable measures that can be taken to avoid an injury. However as this is a martial art, it is always a risk, although it is highly unlikely. While these training aids increase the risk, only members who are experienced enough to be trusted to use them safely will be invited to practise with them.  |

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| ***PART B – Action Plan*** |
| **Risk Assessment Action Plan** |
| **Part no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | **Review date** | **Outcome at review date** |
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| Responsible committee member signature: | Responsible committee member signature: |
| Print name: | Date: | Print name: | Date |

**Assessment Guidance**

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| 1. Eliminate
 | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why |  |
| 1. Substitute
 | Replace the hazard with one less hazardous | If not possible then explain why |
| 1. Physical controls
 | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 1. Admin controls
 | Examples: training, supervision, signage |  |
| 1. Personal protection
 | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| **LIKELIHOOD** | 5 | 5 | 10 | 15 | 20 | 25 |
| 4 | 4 | 8 | 12 | 16 | 20 |
| 3 | 3 | 6 | 9 | 12 | 15 |
| 2 | 2 | 4 | 6 | 8 | 10 |
| 1 | 1 | 2 | 3 | 4 | 5 |
|  | 1 | 2 | 3 | 4 | 5 |
| **IMPACT** |

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| Impact | Health & Safety |
| 1 | Trivial - insignificant | Very minor injuries e.g. slight bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered.  |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical support.  |
| 4 | Major  | Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.  |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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| Likelihood |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |