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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **Athletics and Cross-Country virtual activities/races** | | **Date** | **16/11/20** |
| **Club or Society** | **University of Southampton Athletics & Cross-Country Club** | **Assessor** |  | |
| **President or Students’ Union staff member** | ***Mario Pulze*** | **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** |
| Collisions with pedestrians, vehicles and cyclists. | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off. | Those involved in the accident. | **2** | **5** | **10** | Those taking part will be provided with appropriate routes that they can take which are less likely to have many vehicles or cyclists. Those taking part will also be reminded to always be aware of their surroundings when participating in activities. | **1** | **5** | **5** | Information will be provided to those taking part on ways to stay safe when participating, such as taking part in outdoor activities either in the day or with appropriate safely measures (e.g. high-vis clothing and head torches). |
| Trip hazards. | Minor or potentially serious injuries. | The person taking part in the activity. | **2** | **3** | **6** | Those taking part will be reminded to always be aware of their surroundings when participating in activities. | **1** | **3** | **3** |  |
| Emergencies/First Aid | Minor or potentially serious injuries. | The person taking part in the activity. | **2** | **4** | **8** | Those taking part will be reminded that when taking in activities alone to carry a phone or keep in an area with plenty of other people around in case of a first aid emergency or injury. | **2** | **2** | **4** |  |
| COVID-19 | Minor illness, hospitalisation, or fatality. | The person taking part in the activity and those nearby. | **3** | **5** | **15** | Those taking part will be reminded to ensure they follow social distancing when outdoors, avoid touching points (e.g. door and gate handles) unnecessarily and to keep good hygiene standards.  Those taking part must follow all national and local guidance when taking part. | **1** | **5** | **5** | For activities that occur outside, those taking part will be reminded to plan when and where they carry out the activity to avoid busy times (e.g. in a park). |
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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** | |
| 1 | Inform at the start of any outdoor activity areas that are safer for this activity to take place. | Committee | 18/11/20 | |  |  | |
| 2 | Remind those taking part to always be aware of their surroundings when taking part in activities. | Committee | 18/11/20 | |  |  | |
| 3 | Remind those taking part that when taking in activities alone to carry a phone or keep in an area with plenty of other people around in case of a first aid emergency or injury. | Committee | 18/11/20 | |  |  | |
| 4 | Inform those taking part in activities on how they should social distance and maintain good hygiene whilst taking part in that activity. | Committee | 18/11/20 | |  |  | |
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| Responsible committee member signature: Mario Pulze | | | | | Responsible committee member signature: | | |
| Print name: Mario Pulze | | | | Date:16/11/20 | 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 |