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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Athletics and Cross-Country training** | **Date** | **5/10/2022** |
| **Club or Society** | **University of Southampton Athletics & Cross-Country Club** | **Assessor** |  |
| **President or Students’ Union staff member** | ***Alex Hutchison*** | **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** |
| Road running. | Collisions with pedestrians, vehicles and cyclists.Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.  | Those involved in the accident. | **2** | **5** | **10** |  | **1** | **5** | **5** | Members must take extreme care when running in hazardous areas, paying attention to the roads and pavements around them, wearing high-vis clothing and ensuring their shoes are well tied. Members are also advised to not use their phones whilst running, including not listening to music aside from on bone conducting headphones as allowed by England Athletics (https://www.englandathletics.org/about-us/our-partners/aftershokz/). |
| Throwing equipment injury. | Being hit with a throwing implement.Fatality or multiple serious injuries or illness requiring hospital admission or significant time off from work/studies. | The member entering the throwing field after ignoring the warning signs at the track. | **2** | **5** | **10** |  | **1** | **5** | **5** | Members must pay extremely close attention to the activities going on at athletics tracks, to ensure they do not enter the throwing filed whilst someone is actively throwing. |
| Being cut by shoe spikes. | Accidentally self-inflicted or inflicted by a competitor.Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered.  | The member in question. | **3** | **2** | **6** |  | **2** | **2** | **4** | Members should be advised on ways to avoid falls etc that can result in cuts. Members will be advised to not get too close to other runners. |
| COVID-19: Spreading the virus at training  | Virus can be spread from member to member or from member to staff / public  | Members or public at risk from COVID-19 | **3** | **5** | **15** | * When moving around University areas indoors, face masks should be worn and social distancing observed
* Hand washing and good hygiene should be practiced; members will be encouraged to bring hand sanitiser to sessions
 | **2** | **5** | **10** | * Vulnerable members will be encouraged to make themselves known and can be given training to do solo if they are uncomfortable training with people
* In line with University policy, members will be encouraged to test regularly and to inform the Committee if they test positive
* Further measures such as social distancing or contact tracing can be taken in line with the university’s COVID-19 policy [www.southampton.ac.uk/coronavirus.page](http://www.southampton.ac.uk/coronavirus.page)
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| Trail running | Trail running can be a new terrain for many people and improper kit or inexperience can lead to falls | Members involved | **2** | **2** | **4** |  |  |  |  | Group trail runs will have information on whether road shoes will be sufficient for the terrain or whether trail shoes are recommended.  |
| Trail running  | Long trail runs in adverse weather with insufficient kit can lead to hyperthermia  | The members | **1** | **3** | **3** |  |  |  |  | Weather information will be given on the post for long trail group runs and a recommendation will be made by the run leader on required kit e.g. a waterproof/windproof jacket for wet weather or a spare warm layer.  |
| Track Running | Running to and from the track students could become separated from the group or sub-group they were running with. | Members | **3** | **2** | **6** |  |  |  |  | If members get separated from the group then they should call the captain responsible for the session to let them know and the captain can organise bringing the group back together. All committee members attending training should take responsibility for keeping the group together. |
| Track users | Using a publicly accessible track at busy periods could lead to buys periods and collisions. | Students | **2** | **1** | **2** |  |  |  |  | Make sure students and committee are aware of coaches and others on the track. As well as track etiquette |

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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 | Discussion at the start of the year (at taster group run sessions) to make members aware of the risks. | Endurance Captain | 09/10/22 |  |  |
| 2 | Discussion at the start of the year (at taster sessions) to make members aware of the risks. Also, warnings prior to any club training or competition such as BUCS. | Sprint Captain, Field Captain, Endurance Captain | 09/10/22 |  |  |
| 3 | Discussion at the start of the year (at taster sessions) to make members aware of the risks of cuts due to shoe spikes. Also warnings prior to any club competition such as BUCS. | Sprint Captain, Field Captain, Endurance Captain | 09/10/22 |  |  |
| 4 | Discussion at start of the year to make members aware of how the COVID-19 guidelines have changed, and to encourage members to keep up to date with university guidance | Sprint Captain, Field Captain, Endurance Captain | 09/10/22 |  |  |
| 5 | Discussion before long weekend trail runs to ensure new members are aware of the differences to road running if they are inexperienced. Efforts will be made to encourage people rather than put them off.  | Long Run Sec  | 09/10/22 |  |  |
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| Responsible committee member signature: Alex Hutchison | Responsible committee member signature: |
| Print name: Alex Hutchison | Date:5/10/22 | Print name: Lucy Bradshaw | Date: 5/10/22 |
| External Reviewer:Organisation: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 |