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| **Initial** - with no control | **After Controls** |
| Hazard or Danger | Initial Risk | Controls | Final Risk | Additional Comments |
| H | M | S | H | M | S |
| 1. Illness or injury
 | 1. Due to pre-existing medical conditions
 |  |  | A2 | * Committee members of the club who are present to be aware of any pre-existing medical conditions.
* First aiders to be present
* Call 111/999 as needed
 |  |  | A2 |  |
|  | 1. Illness or injury not due to pre-existing medical conditions.
 |  |  | A2 | * First aiders to be present at training.
* Call 111/999 as needed
 |  |  | A1 |  |
|  | 1. Risk of fatigue related illness or injury due to physical exertion
 |  |  | A3 | * Coach for the evening to monitor all members during training and report any issues to senior committee members
 |  |  | A2 |  |
|  | 1. Slips, Trips and falls. Laceration to feet
 |  |  | A3 | * Equipment will be kept to a minimum to reduce tripping.
* Suitable footwear must be worn
* Members to check area for glass, rocks etc. and to remove them prior to starting
* Activities must take place on suitable ground (kneel on soft surfaces, do not run on slippery surface etc.)
 |  |  | A2 |  |
|  | 1. Performance of incorrect first aid techniques (e.g. CPR on a live person)
 |  |  | A2 | * All techniques are taught by experienced members to ensure correct method is used.
* Within all scenarios, there is always a committee member who sits on the side and watches, and can step in if anything incorrect is performed. (e.g. CPR on a live person)
 |  |  | A1 |  |
| 1. Weather related hazards
 | 1. Hypothermia due to cold/rain
 |  |  | A3 | * Trainer to check weather prior to event. Cancel if they feel weather will be a hazard
* All participants to wear adequate clothing (coats etc.)
 |  |  | A2 |  |
|  | 1. Sun burn/heat exhaustion
 |  |  | A3 | * Trainer to check weather prior to event. Cancel if they feel weather will be a hazard
* All participants to wear adequate clothing
* Use shade via trees as needed
 |  |  | A2 | * Encourage participants to wear sun cream and bring water to drink
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| 1. Spread of COVID-19
 | * 1. Between members
 | E4 |  |  | * Follow COVID-19 risk assessment 2021
* Follow COVID-19 operating procedure 2021
* Adhere to current government, university and RLSS guidelines regarding sport activities
 |  |  | E1 |  |
|  | * 1. From the public
 | E4 |  |  | * Follow COVID-19 risk assessment 2021
* Follow COVID-19 operating procedure 2021
* Complete activity away from busy public areas
 |  |  | E1 |  |
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| Written by: | Emily Childs (Vice President 2020/21) | Date: | 10/04/2021 | Signed: |  |
| Reviewed by: | Madeline Anderson (President 2020/21) | Date: | 10/04/2021 | Signed: |  |
| Reviewed by: |  | Date: |  | Signed: |  |
| Reviewed by: |  | Date: |  | Signed: |  |



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| Consequences |
| E |  Fatalities Terminal ill health condition Long-term widespread damage or loss Major fire-explosion/poisonous gas vapour substance release | Major |
| D |  Permanent disability Significant long-term health effect Major damage or loss Fire/minor gas/vapour substance release |
| C |  Loss time injury (LTI) Health issue requiring time off work, significant pain Significant property/plant damage or loss Other RIDDOR reportable occurrence |
| B |  Medical treatment injury Health issue requiring physiotherapy or counselling, moderate pain (no time off work) Short-term local damage or loss Minor fire/non-poisonous substances release | Minor |
| A | First aid treatment (minor cuts or grazes) Minor health issue, slight pain (no time off work) |
|  |  25 - 2120 - 1312 – 1110 - 9 8 - 1 | Intolerable riskIntolerable riskIntolerable riskTolerable riskTolerable risk | EliminateManageProcedural solutionsContingency proceduresReview periodically |  |