



Southampton University Mountaineering Club

Risk Assessment: Outdoor Training

Activity or Task	Outdoor Training
Assessor (Position)	Ellie Tang (President)
Date	31/08/2022

Activity Description	Current club members training new club members
Additional Notes	This risk assesment covers general risk involved with training club members outside, it can be used in addition to other risk assesments which relate to the task which is being trained.

Checked by (Position)	Ellie Tang (President)
Date	31/08/2022
Checked by (Position)	Josie Meredith (Vice President)
Date	31/08/2022

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Hazard	Effect	Inherent Risk			Controls	Residual Risk		
		Likelihood	Severity	Risk		Likelihood	Severity	Risk
Overexertion	Muscle, tendon, and other injuries	3	3	Medium	Climbers are encouraged by the person running the session to avoid overexerting, causing stress to tissue. Routes/tasks are set appropriately for the skill level/physique of the group and the activity to be trained. All training sessions to be commenced with a suitable warm up.	3	2	Low
Entanglement	Asphyxiation	2	1	Low	Appropriate clothing to be worn, no jewellery to be worn.	2	3	Low
Previous medical conditions	Various	3	4	Medium	Ensure that members of climbing party are aware of any previous medical conditions (through the website profiles or otherwise), and are aware of any action that may need to be taken. Climbers participate at their own risk.	3	2	Low
Dehydration	Personal Injury	2	2	Low	Participant should take their own water to events in order to avoid dehydration.	2	2	Low
COVID-19	COVID-19 (Flu-like symptoms, death in those who are at risk, transmission to those at risk, transmission to those not at risk leading to an epidemic)	5	2	Medium	Number of person(s) present to be in line with the current government guidelines. Social distancing measures should be observed at all times. Hand sanitiser to be used where required. Hand washing to be encouraged before and after event. All persons attending session must be noted, to ensure track and trace can be used successfully if required. Person(s) must not attend sessions if they are COVID positive or have COVID symptoms.	2	2	Low
Misuse of gear	Personal Injury (cuts, bruises, sprains, muscle, tendon, injury)	3	2	Low	Ensure participants have been properly taught how to use gear before use. Do not allow use of gear at training event without proper supervision from experience climbers.	2	2	Low
Strain	Personal Injury (cuts, breaks, sprains, falls, concussions)	2	2	Low	Appropriate warm up and cool down exercises must be undertaken. Climbers should not undertake movements beyond their abilities.	1	2	Low

