|  |
| --- |
| Work/Activity: Southampton University Road Cycling Club Yoga Session |
| Location – Glen Eyre HallDay – ThursdayTime – 7.30-8.30Number of People – 10-15Activity description - A professionally led session of yoga, enabling riders to stretch out after any vigorous training they may have done. |
| Group: Southampton University Road Cycling Club | Assessor(s): Samuel Wood (Social and Welfare Secretary) | Contact: surc@soton.ac.uk |
| Guidance/standards/Reference documents  | Competence requirements |
| * http://www.hse.gov.uk/Risk/faq.htm
 | **Role:** [who has what H&S responsibilities for each task e.g. event stewards] | **Skills, experience or qualifications** [what training/experience has this person had to undertake their H&S responsibilities] |
|  |  |
| Risk assessments linked |
| [Identify areas of your activity which will fall under a different risk assessment. For example, fire risk assessments when using a building will have been covered by the premises operator.]  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Aspect | Hazards | Who might be harmed and how | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Residual risk/9 | check SA/DM |
| Stretching | Strains or pulled muscles | Participants | Follow the instructions of the session leader to ensure that all stretches and yoga positions are carried out safely. | 2 |  |  |   |   |
| COVID-19 |  Contracting coronavirus from other members or spreading it to others. | Participants | All measures pertaining to COVID-19 will be formed relative to guidance from the government, SUSU and British Cycling and will therefore be *subject to change:*Participants will be set at least 2 metres apart in accordance with social distancing.Participants must bring their own mat to eliminate the need to clean mats after a session.Payment will be taken by contactless card ONLY, if this requires close proximity to other members, they will be advised to wear a mask.If a member does contract coronavirus or are showing symptoms indicative of coronavirus, they will be forbidden from participating in any club activities until they have completed the self-isolation period as dictated by the government/NHS, currently between 10 and 14 days. | 6 [accounts for a low likelihood but high severity] |  |  |  |  |

|  |  |
| --- | --- |
| Reviewed By: | Comments: |
| Responsible person (SA/DM): Samuel Wood | Date: 29/08/2020 |  |
| SUSU H&S manager (where applicable): | Date: |  |

|  |
| --- |
| Likelihood |
| Impact | 3 | 6 | 9 |
| 2 | 4 | 6 |
| 1 | 2 | 3 |

|  |
| --- |
| Likelihood |
| Level | **Description** |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | May occur only in exceptional circumstances |

|  |
| --- |
| Impact |
| Level | **Description** |
| High (3)  | Major Injury or Death; Loss of limb or life-threatening conditions. In hospital for more than 3 days, and/or subject to extensive prolonged course of medical treatment and support.  |
| Medium (2) | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months. |
| Low (1) | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |