| Work/Activity: Southampton University Road Cycling Club Rollers Session |
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| Locations – Glen Eyre HallTimes - Friday 8.00-10.00pm Dates – Weekly over Winter (until about March)Number of People – 8-10 Activity Description - The club runs weekly rollers sessions throughout the winter. This is a form of indoor training and the sessions are lead by experienced members of the cycling club |
| Group: Southampton University Road Cycling Club | Assessor(s): Finlay Middlemiss (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 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Setting up the Rollers  | Trapping fingers, incorrect set up |  Participants. | Ensure participants are familiar with club rollers or shown how to set up rollers correctly by the leader of the session. |  2 |  |  |  |  |
|  Riding on the rollers  | Risk of falling off resulting in bruises/Grazes. Unlikely injuries – joint sprains, fractures and head injuries.  |  Participants. | Have a fixed support next to each set of rollers so participants have something to hold onto to aid starting and stopping.Riders who are new to rollers will be briefed before starting out.There will be coaches and club members who are experienced in rollers around to help out.Beginners are to wear helmets to reduce the risk of head injury. |  4 |  |   |  |  |
|   Slips, trips or falls whilst off the bike | Bruises/Grazes. Unlikely injuries – joint sprains, fractures and head injuries.  |  Participants. | All members to be wearing appropriate footwear to prevent trips and falls when off the bike.Keep the surrounding area tidy and free of trip hazards. |  2 |  |   |  |  |
|   Mechanical failure of the bike |  Falling off.  |  Participants. | Inspect bikes of participants to ensure they are in working order before allowing participation |  2 |  |   |  |  |
| Rider Fatigue | Falling off. |  Participants. | Ensure participants are well before participating.Encourage regular breaks as required and that everyone brings a water bottle. |  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:*Rollers will be set at least 2 metres apart taking into account the extra-respiratory action induced by intense cardiovascular exercise; risk potentially higher in this respect due to it taking place inside.Payment will be taken by contactless card ONLY, if this requires close proximity to other members, they will be advised to wear a mask.Members will be advised not to congregate in close proximity prior to the session.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.<https://www.southampton.ac.uk/coronavirus.page> | 6 [accounts for a low likelihood but high severity] |   | It will be the responsibility of all members to act in a sensible manner, however, it will be the responsibility of the committee to proactively prompt adherence to guidelines. |   |  |

| Reviewed By: | Comments: |
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| Responsible person (SA/DM): Finlay Middlemiss | Date: 17.08.2021 |  |
| 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. |