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| Work/Activity: Southampton University Road Cycling Club Hill Climb Session |
| Location: Hills near SouthamptonTimes: 6pm- 8pmDates: Friday evenings until clocks changeNumbers of people: up to 10 peopleDuration: 2 hoursActivity descriptions: Members will meet up on campus then ride out to a local hill where they will take it in turns to ride up the hill as fast as possible, whilst being timed by another rider. |
| Group: Southampton University Road Cycling Club | Assessor(s): Rosie Simmons (Welfare & Inclusion 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] |
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| 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.]  |

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| 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 |
|  Riding out to the hill |  Please see “club ride” risk assessment for general risk associated with riding on roads. |
| Riding up the hill |  Overexertion |  Participants |  Participants are only encouraged to take part at a speed they feel comfortable with.Regular breaks between the drills and ride out/ ride home.  |  2 |  |  |   |   |
|  Riding up the hill |  Dehydration |  Participants |  Participants are encouraged to bring a drink of water/ isotonic sports drink with them, and to drink water before and after taking part in the activity. |  1 |  |  |   |   |
| COVID-19 | Members may contract coronavirus or infect others around them whilst: meeting prior to a ride, and or, riding out on the road | 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:*Social distancing will be observed at all times when members are the responsibility of the club i.e. during club ride periods. Outside of these periods members will be strenuously advised to maintain distance from other riders around them.IF a ride group stops at a shop or cafe for nutritional purposes, members will be advised to wash their hands prior to any consumption.As members all have their own bikes and helmets etc, there is no need for the sharing of equipment on a routine basis and therefore the risk of spreading coronavirus by contact is heavily reduced.If a member does contact 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.In accordance with British Cycling guidelines, groups will be limited to 6 per group allowing members to feasibly maintain social distancing.Risk reduced due to activity taking place outside.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. |  |  |

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| Reviewed By: | Comments: |
| Responsible person (SA/DM): Rosie Simmons | Date: 14.08.22 |  |
| SUSU H&S manager (where applicable): | Date: |  |

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

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| 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 |

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| 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. |