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| Work/Activity: Southampton University Road Cycling Club Spinning Session | | | |
| Location – Indoor Cycling Room, Jubilee Sports Centre.  Day – Monday  Time – 8-9pm  Number of People – max 15 [number based on previous years, however this is now subject to Sports and Wellbeing rules regarding how many participants can be in the Spinning studio]  Activity description - The club runs weekly spinning session, this is a form of indoor training on stationary bikes. The session is run by a leader who has been inducted by Sports & Wellbeing, and consists of a warm up, a series of drills on the bikes, warm down and stretches. | | | |
| Group: Southampton University Road Cycling Club | Assessor(s): Rosie Simmons (Welfare & Inclusion Secretary) | | Contact:  surc[@soton.ac.u](mailto:Vlr1g11@soton.ac.uk)k |
| 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 |
| Training on stationary bikes. | Falling off/slipping off saddle/bike due to feet slipping off pedals. May result in bruises/grazes to legs. Unlikely – joint sprains, fractures, head injuries. | Participants | Ensure bikes are in good working order before starting and report any problems to Sports and Wellbeing.  Make participants aware of the emergency brake.  Encourage participants to use the toe straps on pedals and adjust them as required. If they have them, can use SPD cleats. | 3 |  |  |  |  |
|  | Overexertion | Participants | Participants are only encouraged to take part at a resistance they feel comfortable with.  Regular breaks between the drills and warm up/down. | 2 |  |  |  |  |
|  | Dehydration | Participants | Encourage participants to bring a drink to sessions. Reminders throughout the session to have a drink of water. There is a water fountain just outside of the room.  To cool the room down, fans and AC are available. | 2 |  |  |  |  |
|  | Aches/strains due to poor fitting bike and exercise. | Participants | Ensure participants adjust all the moveable components of the bike (handlebars, saddle height etc) to ensure a comfortable riding position.  Ensure participants stretch at end of the session and encourage them to repeat them at home. | 2 |  |  |  |  |
| Slips, trips and falls whilst off the equipment | Bruises/Grazes.  Unlikely injuries – joint sprains, fractures and head injuries. | Participants | All members to be wearing appropriate footwear to prevent trips when off the bikes.  Keep the surrounding area tidy and free of trip hazards. | 2 |  |  |  |  |
| COVD-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:*  Riders 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. |  |  |

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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. |