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| Work/Activity: Southampton University Road Cycling Club Track Session | | | |
| Locations – Velodromes across UK (mainly Calshot, Hampshire)  Day – Varies  Time – Varies  Number of People – Total participants maximum 30 (including Coach)  Activity description - Cycling on a velodrome using track bikes (fixed gear) | | | |
| 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 |
| Riding at Velodrome | Steep track | Participants could fall/slide when riding on steep banking | Instruction from coach for beginners provides advice on minimum speed required for safe riding of the track. Riders advised to wear long sleeves and gloves to minimise abrasions in a crash. Helmets must be worn at all times whilst riding. | 3 |  |  |  |  |
| Accessing Velodrome | Stairs into velodrome | Participants could trip or slip | Riders advised by coach to change shoes before leaving velodrome, or take suitable care whilst walking | 4 |  |  |  |  |
| Riding at Velodrome | Barriers/bike racks/obstacles on velodrome centre | Participants could trip or crash into the objects | Riders instructed to ride at low speed on floor of velodrome and pay suitable attention to avoid hitting obstacles | 2 |  |  |  |  |
| Riding at Velodrome | Lack of heating/very cold temperature in winter | Participants could become hypothermic or are more likely to strain muscles | Before session riders are advised by the session organiser to wear winter cycling clothing suitable for equivalent period outside. | 2 |  |  |  |  |
| Riding at Velodrome | Dehydration | Participants | Riders asked to bring plenty to drink and are encouraged to have rests between exercises | 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:*  When not on the track riders should maintain social distancing and avoid from congregating in groups of more than 6.  When travelling to the velodrome there will be a maximum of 4 per car and will be advised to wear masks for their own safety and that of the others in the car.  If participants need to hire a bike at the velodrome they will be advised to wash their hands after use and touch as little as possible.  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> |  |  |  |  |  |

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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. |