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| Work/Activity: Southampton University Road Cycling Club Yoga Session |
| Location – Glen Eyre HallDay – ThursdayTime – 7.30-8.30Number of People – Max. 20Activity 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): 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 |
| 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, these areas will be marked with cones.Participants must bring their own mat to eliminate the need to clean mats after a session.Participants must arrive ready i.e. already wearing suitable clothes.Participants are asked to wear a mask when arriving until they are in their designated square at which time it can be removed, if a participant moves around the room, they must put their mask back on.There will only be one group and therefore no need for inter-session cleaning, however, participants will be asked to sanitise their hands upon arrival.Capacity is limited at 20 people.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.<https://www.southampton.ac.uk/coronavirus.page> | 6 [accounts for a low likelihood but high severity] |  |  |  |  |

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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. |