

**Risk Assessment for the
activity of**

Risk Assessment

Risk Assessment				
Are you a sports club or society?	Southampton University Ski and Snowboard Club Race Risk Assessment			
	Date 28/09/25			
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%; text-align: center;"><i>Sports Club</i></td> <td style="width: 20%; text-align: center;">Assessor</td> <td style="width: 40%; text-align: center;"><i>Ailsa Keating</i></td> </tr> </table>	<i>Sports Club</i>	Assessor	<i>Ailsa Keating</i>
<i>Sports Club</i>	Assessor	<i>Ailsa Keating</i>		
President/Captain Name/2nd Committee Member	Isabel Nelson			
Risk Assessment Information (What is this risk assessment for? Please provide a summary of the activity or event, including all relevant information)	<p>Weekly race training that will take place at Alpine Snowsports Aldershot.</p> <p>Members will need to purchase a ticket through the SUSU box office in order to attend. The ticket includes transport which will be from campus either by car (some members may have to give lifts) or minibus.</p> <p>Equipment is also included, and is provided partially by SUSSC and partially by the slope. PPE is provided by the slope</p>			

PART A

(1) Risk identification						(2) Risk assessment		(3) Risk management	
Hazard	Potential			Inherent		Residual			

	Consequences	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Likelihood	Impact	Score	Control measures (use the risk hierarchy)	Likelihood	Impact	Score	Further controls (use the risk hierarchy)
General Considerations (including group meetings)										

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Minor slips, trips and falls	Soft tissue injury e.g., sprain, bruising. Potential broken ankle or other breaks i.e. wrists etc. Links directly to weather and ground surfaces.	All participants and organisers/staff and spectators	2	3	6	Check ground conditions for holes, lumps, and other obstacles. General awareness when walking with ski equipment and in ski boots, easier to slip and fall. Wear helmet and gloves when walking from the club house to the slope and on the slope.	1	3	3	If the injury is serious and participant in a lot of pain or discomfort, seek medical attention immediately. Call 999 in an emergency. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Fire	Smoke inhalation, burns and more severe. Risk of extreme harm.	All participants and organisers/staff and spectators	1	5	5	<p>Those leading the session must ensure they are aware of and fully understand the venue or locations fire procedures.</p> <p>Those leading must make sure that all exit routes are clearly highlighted and report any issues immediately to the venue.</p> <p>Highlight to all the participants the nearest emergency exit routes at the start of a session, and the importance of leaving calmly in case of an emergency.</p> <p>Consider accessibility requirements</p>	1	4	4	<p>In case of an emergency, please pull nearest fire alarm and ensure all participants leave the venue calmly and safely.</p> <p>Once in a safe position to do so, call the emergency services on 999.</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p>

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Setting up slalom poles/race gates	Sliding down the slope out of control, injuring your hands, fingers whilst positioning them in the dendrex	Meeting organisers and attendees	2	3	6	Ensure more experienced skiers are assisting with the set up, carry out this activity in pairs rather than one person. Always wear full PPE when setting up slalom gates	1	3	3	<p>Seek assistance if in need of extra help from facilities staff/venue staff if needed</p> <p>Seek medical attention from club house Reception if in need</p> <p>Contact emergency services if needed</p> <p>All incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed. Follow SUSU incident report policy</p>

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Accessibility: Entrances and Exits to the chosen area.	Participants may be prevented from attending the activity due to a lack of considerations of accessibility needs and requirements. They could also be prevented from leaving the area quickly in an emergency if the correct infrastructure and considerations have not been made.	Participants, committee	1	5	5	All areas chosen for activity will have their suitability checked. If a closed activity for members, members will be consulted to ensure there are no accessibility requirements. If an open activity, committee will consider all accessibility requirements and ensure that the area chosen is as accessible as possible.	1	5	5	In case of an emergency, call the emergency services on 999. If those with accessibility problems have not been able to exit, make the building manager and emergency services aware. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

Medical Issues: Pre-existing and process for any that appear during club or society activity	Illness, death	Members, committee	3	5	9	All clubs and societies should have a process for if a medical issue occurs. All should know the location of the nearest first aider. Members do not need to disclose medical information to committee (GDPR), but all committee should know how to find a first aider and help quickly. If in a Southampton Sport space, contact reception. If in SUSU, contact reception. If no-one can be found, contact campus Security – 02380 593311 Advise participants; to bring their personal medication Members/Committee to carry out first aid if necessary and <u>only if</u> qualified and confident to do so	1	1	1	In an emergency, contact 999. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.
Activity Considerations										

Equipment: any equipment the sport requires/uses needs to be risk assessed.	Cut/abrasion/ bruising from sharp edges. Is the equipment safe to be used?	All participants and bystanders.	2	2	4	Check all equipment prior to use. Is it safe to use? Does it have any sharp edges? Is it damaged in any way?	1	1	2	Seek medical attention if problem arises Any incidents need to be reported as soon as possible ensuring duty
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						<p>Check any stands – are they safe? Are they likely to fall? Are they damaged or do they have any sharp edges?</p> <p>Do those leading the session have the appropriate training to demonstrate and use the equipment correctly?</p> <p>Those leading the session to remain vigilant to ensure participants are using the equipment as demonstrated.</p>				manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Over-exertion or exhaustion. Strenuous exercise and the effect on the body	Muscle injury – strains and pulls.	All participants and organisers/staff	3	3	9	Those leading the session should ensure a proper and thorough warm up is carried out prior to the session that focuses on the areas that are likely to be used the most i.e., arms.	2	3	6	<p>If any injury occurs, seek medical attention.</p> <p>If severe, call 999 in an emergency (although unlikely for muscular)</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p>

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Participant Attire: Is the clothing they are wearing, including shoes, relevant to the sport or activity	Injury can occur if people are not wearing attire appropriate to the sport or activity.	All participants and organisers/staff and spectators	2	3	6	Ensure all participants are wearing long-sleeve tops, gloves and full length trousers. Also ensure all participants are wearing the correct helmets and safety gear.	1	3	3	If the injury is serious and participant in a lot of pain or discomfort, seek medical attention immediately. Call 999 in an emergency. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Travel: Alpine Snowsports Aldershot/ competitions further afield.	Vehicle collision – causing anything from minor to severe injuries, as well as mental health issues.	Members, those driving, members of the public	4	5	20	Club committee to check that drivers have the relevant licences and insurance for the mode of travel. This includes if they have completed a SUSU minibus test. Members expected to drive or travel in a sensible manor, with those doing otherwise to face disciplinary action (from the club in the first instance). Can cause reputational issues, especially if driving SUSU branded vehicles. Importance of this to be reminded.	2	2	4	Contact emergency services as required 111/999 Incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed. Follow SUSU incident report policy
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Medical emergency	Members may sustain injury /become unwell pre-existing medical conditions Sickness Distress	Members	3	5	15	Advise participants; to bring their personal medication Members/Committee to carry out first aid if necessary and <u>only</u> if qualified and confident to do so Contact emergency services as required 111/999 Contact SUSU Reception/Venue staff for first aid support	2	5	15	Incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed. Follow SUSU incident report policy
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Adverse weather	Injury, Illness, Slipping, Burns	Event organisers, event attendees,	4	3	12	Lead organiser to check the weather are suitable for activities on the day Warn those attending to prepare by wearing appropriate clothing and footwear e.g. via social media posts, email invites In the case of hot weather organisers to advice participants to bring/wear appropriate level sunscreen, hydrate	4	1	4	If adverse weather is too extreme to be controlled, the event should ultimately be cancelled or postponed to a date
Crashing during training/race	Injury to limbs upon impact	user	4	3	7	Clear instruction on dangers involved and how to avoid, use of safety equipment (helmets, shinguards, chinguards), progression only when participant has demonstrated adequate control and technique.	2	3	5	Continued use, investment in and maintenance of safety equipment. Ensure first aid kit at hand at all times. Coaches obtain qualifications to ensure

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Ski edges	Cuts as sharp	User	2	1	3	Warnings by coaches and members of the risk, use of gloves to protect hands	1	1	2	Ensure first aid kit at hand at all times
Hot waxing irons when waxings skis/snowboards	Burns	User	1	2	3	Education and demonstration of correct use, turn off when not in use	1	2	3	Ensure first aid kit at hand at all times
Gazebo	Injury	Users and those in vicinity	2	2	4	Ensure that only erected with use of 4 people, one on each corner, attach to ground through use of zip-ties or pegs to prevent falling over	1	1	2	Ensure first aid kit at hand at all times
Falls by tired participant	Injury	User	2	3	5	Ensure participants remain hydrated, coaches conscious of condition of participant and makes sure students take breaks if tired	1	3	4	Ensure first aid kit at hand at all times
Lifts	Fall and injury, damage to machinery	User	1	3	4	Demonstration of correct use prior to use, prevent beginners from using lifts when deemed too inexperienced	1	2	3	Manning of lift at all times by proficient member of team, supervising use

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Inappropriate equipment used	Loss of skis, opening of boots during use	User	2	3	5	Ensure set-up and fitting of equipment done only by qualified staff, fitted to participant correctly	1	1	2	

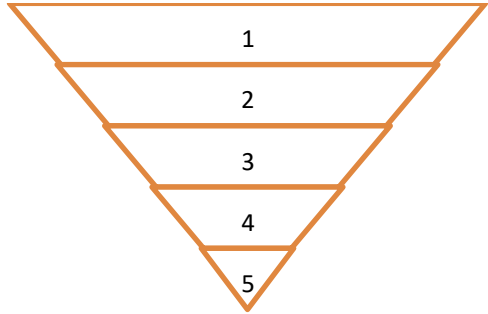
PART B – Action Plan

Risk Assessment Action Plan

Part no.	Action to be taken, incl. Cost	By whom	Target date	Review date	Outcome at review date
1	Investments into safety kit, shinguards, handguards etc.	Race Captain	01/01/26	01/01/26	

Responsible committee member signature: Ailsa Keating				Responsible committee member signature: Isabel Nelson	
Print name: AILSA KEATING				Print name: ISABEL NELSON	
Date: 28/09/25				Date: 28/09/25	

Assessment Guidance

1. Eliminate	Remove the hazard wherever possible which negates the need for further controls	If this is not possible then explain why	
2. Substitute	Replace the hazard with one less hazardous	If not possible then explain why	
3. Physical controls	Examples: enclosure, fume cupboard, glove box	Likely to still require admin controls as well	
4. Admin controls	Examples: training, supervision, signage		
5. Personal protection	Examples: respirators, safety specs, gloves	Last resort as it only protects the individual	

LIKELIHOOD	5	10	15	20	25
	4	8	12	16	20
	3	6	9	12	15
	2	4	6	8	10
	1	2	3	4	5
	1	2	3	4	5
	IMPACT				

Risk process

1. Identify the impact and likelihood using the tables above.

2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.

3. If the risk is amber or red – identify control measures to reduce the risk to as

Likelihood	
1	Rare e.g. 1 in 100,000 chance or higher
2	Unlikely e.g. 1 in 10,000 chance or higher
3	Possible e.g. 1 in 1,000 chance or higher
4	Likely e.g. 1 in 100 chance or higher
5	Very Likely e.g. 1 in 10 chance or higher

6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced. 7. Control measures should follow the risk hierarchy, where

appropriate as per the pyramid above.

8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

reasonably practicable.

4. If the residual risk is green, additional controls are not necessary.

5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.

Impact		Health & Safety
1	Trivial - insignificant	Very minor injuries e.g. slight bruising
2	Minor	Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in selfadministered.
3	Moderate	Injuries or illness e.g. strain or sprain requiring first aid or medical support.
4	Major	Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks.
5	Severe - extremely significant	Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.

