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| Work/Activity: Trampolining | | | |
| We are assessing the risk of Southampton University trampoline club to both its members and other sports facility users during our regular training sessions. The number of people at a regular training session can vary from 10 to around 40 people, with up to 80 at our selected taster sessions. This risk assessment will cover all the possible events that may occur and pose risk. The training sessions occur weekly during term time on the following days & times; Tuesday 7pm-9pm, Friday 5pm-7pm and Saturday 4pm-6pm in the Jubilee Sports Hall. The risk assessment will cover the whole of the training session including setting up and putting away the trampolines, warming up, training on the trampolines, and cooling down. | | | |
| Group: Southampton University Trampoline Club | Assessor(s): Andrew Taylor and George Armstrong | | Contact: sutc@soton.ac.uk |
| Guidance/standards/Reference documents | Competence requirements | | |
| [Please enter any H&S guidance referred to when you write this Risk assessment. This could be codes of practice from your NGB or industry body, group policies, instructions, manufacturer’s guidance, advice from HSE, useful websites or copies of qualifications and certificates.]  [e.g.]   * 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] | |
| Health and Safety Officers for the general training session of the club as described in their job description – Andrew Taylor (President) and George Armstrong (Captain) | Andrew is a qualified level 2 coach, with 9 years of experience in trampolining.  George has over 15 years of experience in gymnastics. | |
| 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 premise’s operator.]  Fire, flood, and other hazards of this nature will be covered under the risk assessment of the premise’s operator of the sports centre.  Where Sports and Wellbeing own the equipment, inspections and ensuring the working use of the equipment will fall under their risk assessment |

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| Task | 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 |
| Fire Safety Awareness | Insufficient fire safety awareness | If the fire alarm is triggered those who are in attendance of a session may not know where the fire exits are or how to safely exit the building | The fire exits in the Jubilee Sports Hall are illuminated green.  On leaving the building make your way to the assembly point, which shall be explained by member of committee.  No one is to re-enter the building until you are told it is safe to do so.  Fire extinguishers are provided in buildings but are only to be used by those trained in their use. | Likelihood: 1  Severity: 9  Overall Risk: 5 | A member of committee will announce to participants informing them of where the fire exits are and what to do in the event of fire. As well as where the fire safety assembly points are. | Any Committee Member | 1 |  |
| Setting up and putting away the trampolines | Moving and extending trampolines, mats, and end decks | People directly involved in setting up and putting away the trampolines as well as other users in the vicinity could be hit by the equipment. Body parts could be trapped in the equipment causing bruising or broken bones | Shoes are always worn while setting up the trampolines to reduce risk of injury to feet. A competent member is always on hand at each trampoline to ensure that the equipment is set up correctly and safely. During this process less confident members are taught how to set up correctly to ensure that the process is always done safely. In this context, a person is deemed competent by the committee after a health and safety officer has overseen that the person knows how to safely deal with the trampolines | Likelihood : 2  Severity: 2  Overall Risk: 2 | No additional control measures needed | Any Committee Member | 2 |  |
| Warming Up and Cooling Down | Wooden floors, equipment, flailing limbs. | People directly involved in the activity could be harmed by slipping on the wooden floor, tripping over equipment or collisions with other members from flailing limbs | Participants must wear shoes or be barefoot while running around to give better grip on the sports hall floor. Participants must be mindful of other people around them and are instructed to make sure they have enough space to warm up in safety. Warmups and cool downs should take place a safe distance away from the equipment to ensure that accidents do not occur | Likelihood: 2  Severity: 1  Overall Risk: 2 | No additional measures required | Any Committee Member | 2 |  |
| Manual Handling | Awkward/Heavy Loads | Anyone designated to carrying the load. Physical injury could arise from incorrect technique handling loads especially with awkward shape/sharp edges | Ensure sufficient training in manual handling has been given to all individuals expected to carry loads. Use equipment to help transport loads if available such as a trolley. Multiple people carrying a load would also reduce the chances of any injuries | Likelihood: 1  Severity: 2  Overall Risk: 2 | No additional measures required | Any Committee Member | 2 |  |
| General Use of the Trampolines | The nature of the sport means there is an inherent risk to participants wellbeing | Physical injury could occur to the participant if a move is performed incorrectly or a pre-existing injury could be agitated | Either a Level 2+ coach or 2 persons deemed competent by the club’s health and safety officers must be present at every session along with 2 committee members to ensure the safety of participants on the trampolines.  Participants should only undertake moves that the member running the session is happy to oversee.  All participants are reminded that if they do moves deemed harder than this then they will be performing these at their own risk and the club will not take any responsibility for the outcome of such moves.  There must be a minimum of two spotters on each exposed side of the trampoline while a participant is bouncing to step in if the participant is in trouble and help to either slow their fall or push them back on to the bed. All members are instructed how to spot when they join the club by a competent person | Likelihood: 2  Severity: 3  Overall Risk: 6 | No additional measures required. The nature of the sport means there will always be a risk involved. The likely outcome of an injury will normally be a severity of 1 or 2 but there is a small chance the outcome could have a severity of 3. | President & Captain | 6 |  |
| Beginners on the Trampolines | Injury to themselves | Physical injury could occur to the participant | In addition to the control measures specified under the “General Use of the Trampolines” beginners start out on the beginner beds with proper instruction on how to jump, how to stop and how to crash safely.  Low bouncing to start off is also enforced by the most competent coach present. | Likelihood: 2  Severity: 2  Overall Risk: 4 | No additional measures required | President & Captain | 4 |  |
| Getting on and off the trampolines | Injury arising from persons getting on and off the trampolines | Injury to the participant if they land awkwardly getting off the trampoline or cannot get on to the trampoline. Injury to someone in the near vicinity if flailing limbs hit them | All members are taught the safest way to get on and off the trampoline by a competent person. If a person still struggles to get on the trampoline, then use of the chain as a step is advisable. Failing that, the use of a step can aid the participant to safely get on the trampoline as long as the step is removed before the participant starts bouncing.  Before a participant gets off the trampoline, they must completely kill their bounce so there is no more vertical movement of themselves or the bed. They must then walk to the edge of the bed before sitting down and sliding off. All participants are informed of this procedure before using the trampolines. The use of soft floor mats around the edges of the trampolines reduces the impact of the floor also | Likelihood: 1  Severity: 2  Overall Risk: 2 | No additional measures required | Any Committee Member | 2 |  |
| Learning new moves | Injury to the participant when learning new moves | Physical injury arising from incorrect execution of a move | The competent coach will be overseeing the progression of the new moves, instructing the participants how to complete suitable preparations and correct technique for a new move. Wherever possible, the competent coach will take the participant through the move with hand support and/or shadowing, so they are ready to step in if something goes wrong. Mats will always be pushed in to assist the participant when they land the new move to kill the bounce and provide a safer landing | Likelihood: 2  Severity: 3  Overall Risk: 6 | No additional measures required | President & Captain | 6 |  |
| High jumpers | Jumping too high and hitting the ceiling or raised basketball hoops in the jubilee sports hall | Physical injury to the participant jumping too high | Experienced performers are advised of the roof height and told to watch their height when they bounce. The trampoline used by high jumping participants will be placed under the area of the ceiling with the highest clearance well away from obstacles such as folded basketball hoops, inlet and outlet fans, lighting etc | Likelihood: 1  Severity: 2  Overall Risk: 3 | No additional measures required | President & Captain | 2 |  |
| Participants performing high level skills in the absence of a high-performance coach (HPC) | Injury due to unsafe practice | The participant or spotter | The high-level performers may only perform the skills, which have been authorised and therefore signed off by the HPC on the performers tariff sheet. The signing of the tariff sheet means that the signee agrees to take responsibility for the actions of the participant and of any incurred injuries | Likelihood: 1  Severity: 2  Overall: 2 | Make sure all high-performance participants are performing under the signed authority of an HPC | President, Captain, Secretary & Competition Secretary | 2 |  |
| People jumping above 17 seconds in timed jumps | Participants jumping off the end of the trampoline past the end deck | The participant, spotter, and any other member in the vicinity | Placing a crash mat at the end of the end deck to cushion the fall if someone were to clear the end deck | Likelihood: 1  Severity: 2  Overall: 2 | No additional measures required | President or captain | 2 |  |
| Wearing jewellery | Jewellery could become trapped in the trampoline bed when jumping or in equipment when setting up and putting down | People wearing the jewellery. Could tear and damage parts of the body causing injury. Trapped necklaces whilst jumping could result in people landing unsafely on their arms or neck. | No jewellery to be worn during training times | Likelihood: 1  Severity: 2  Overall: 2 | No additional measures required | President or captain | 2 |  |

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| Reviewed By: | | Comments: |
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| 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. |