

Risk Assessment

Risk Assessment for the activity of	An assessment of the in-person activities, swimming, cycling, running and yoga that occur in the Southampton University Triathlon Club.	Date	24/09/2022
Unit/Faculty/Directorate	Southampton University Triathlon	Assessor	Cordelia Halfhead
Line Manager/Supervisor	Molly Slade	Signed off	

PART A											
(1) Risk identification			(2) Risk assessment				(3) Risk management				
Hazard	Potential Consequences	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Inherent			Control measures (use the risk hierarchy)	Residual			Further controls (use the risk hierarchy)	
			Likelihood	Impact	Score		Likelihood	Impact	Score		
Swimming	Drowning	Swimmer unable to breath	1	3	3	Lifeguards on poolside	1	3	3	Providing swimmers with a set they are capable of. Briefing everyone on set before starting so everyone aware.	
Walking on poolside	Slipping on poolside	Walker and others surrounding, by falling over	2	1	2	Appropriate signs	2	1	2	Encourage swimmers to not run and be careful when on poolside.	

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Swimming	Collision of heads	Multiple swimmers, by colliding heads	1	1	1	In the brief before swimming specific directions given for swimmers in lanes	1	1	1	Encourage swimmers to be aware of others in the lane.	
Swimming	Injury in pool	Swimmer could develop cramp, could injure themselves on walls, lane ropes or by other swimmers.	2	1	2	Swimmer will shout and the lifeguard will help aid the swimmer back to the side	2	1	1	Lifeguards are trained to help swimmers who are struggling and help get them safely out the pool.	
Water consumption	Dehydration	Swimmer not consuming appropriate amounts of water	2	1	2	Coach provides time for water breaks	1	1	1	Water fountain is available on poolside, coach encourages consumption of water	
Using swimming aids	Causing injury through equipment.	Swimmers may harm themselves or others through inappropriate use.	1	1	1	Members are trained in how to use equipment effectively	1	1	1	Coach checks before session everyone is aware/understands how to use equipment.	

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Attendance at coached sessions	Overcrowding in lanes	Swimmers could have collisions coach can't safely accommodate everyone	2	1	2	No more than 8 in a lane across 3 lanes for a coached and uncoached session and no more than 24 people in pool to 1 lifeguard. We will monitor this by ensuring before every session swimmers book onto the session via the sport and wellbeing app.	1	1	1	Ensure equal numbers in each lane	
Lake Swimming	Lack of lifeguard	Swimmers increased risk of injury/ drowning.	3	2	6	Briefing by leader before start of risks, swim as a group, aware of numbers in group at all times, wear bright swim hats so easily visible. Have mobile phone on side for quick emergency contact	1	3	3	Swimmers are aware of the risk	

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Running session	Conditions in the common, cyclists, other runners – falls and other associated injuries	Those taking part	3	1	3	High visibility clothing and bike lights & head torches	2	1	2	Instruction about courtesy and awareness given before each session	
Hill session	Cars in residential roads – collisions	Those taking part	3	1	3	Same as above	2	1	2	Same as above. Use pelican crossings where possible	
Running	Injuries including sprains, strains, rolled ankles. As a result of insufficient warm up or uneven running surfaces.	Those taking part	3	1	3	Encourage participants to engage in warming up sufficiently and making them aware of the potential hazards.	2	1	2	Provide a structured warm up, advise about the importance of appropriate footwear and include light jogging at the beginning and end of sessions.	
Weather conditions	Poor weather, slippery running surfaces, exposure to cold	Those taking part	3	1	3	Remind participants that bad weather requires more awareness of their surroundings and responsibility for warm clothing	2	1	2	If bad weather is forecast, advise the group to bring appropriate clothing with emphasis on high-vis, warm clothes and good footwear.	

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Illness, pre-existing or acquired.	Adverse conditions leading to dehydration, hypo/hyperthermia, dog bites. Or pre-existing conditions: Diabetes, allergies, asthma.	Those taking part	2	1	2	It is a club requirement to make the committee aware of any pre-existing conditions when signing up to the club. Ensure that members coming adequately dressed with the appropriate gear – drinks, energy gels (if necessary)	2	1	2	Make sure members that suffer with known conditions come to training prepared – i.e. bring their inhaler and make sure the session coordinator is aware. If a long session is prepared, advise members to bring water and food.
Training at night in the common	Injuries acquired through lack of vision or getting separated	Those taking part	2	1	2	The route planned is made very clear and everyone will be visible to adjust for different paces.	2	1	2	Describe the route and emphasis areas where the surface isn't as good. Route will always be out and back so should be clear. Make sure the group has a reference point to head to if they get lost. Invariably the Cowherds Pub will be used.

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Club cycling and time trials	Group crash i.e. cyclist to cyclist	Due to close proximity group cycling, can potentially lead to whole group falling. Potential broken limbs/traffic injury. Risk of death.	1	5	5	Necessity to wear a helmet on club rides and to have lights on bike. Specific cyclist signings used in order to maintain group safety ie. Vocal and visual communications. Group pace divides, to maintain group pace to stop harsh breaking.	1	5	5	Offer of car-park handling sessions in order to learn communication on the bike, plus handling skills. Banning of the use of tri-bars in group rides, alongside tt-bikes. Plugged bar ends are a requirement of every ride.
Club cycling and time trials	Individual crash	Loss of control by one member in a group cycle. Potential broken limbs/traffic injury. Risk of death.	2	2	4	Necessity to wear a helmet on club rides and to have lights on bike.	2	2	4	Offer of car-park handling sessions in order to learn communication on the bike, plus handling skills. Banning of the use of tri-bars in group rides, alongside tt-bikes. Plugged bar ends are a requirement of every ride.

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Club cycling and time trials	Traffic induced crash	Potential broken limbs/traffic injury. Risk of death.	1	5	5	Necessity to wear a helmet on club rides and to have lights on bike. Specific cyclist signings used in order to maintain group safety ie. Vocal and visual communications	1	5	5	Offer of car-park handling sessions in order to learn communication on the bike, plus handling skills. Banning of the use of tri-bars in group rides, alongside tt-bikes. Plugged bar ends are requirements of every ride. Cycling awareness/road awareness.
Club cycling and time trials	Hypothermia	Due to weather changes, risk of temperature dips/wet weather	2	2	4	Advised to wear warm layers, bring along extra base layers in order to keep warm plus wet weather gear. Also food.	2	2	4	Extra food taken by bike captain. Mobile phone taken to contact ambulance service if immediate action needed

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Club cycling and time trials	Skid risk	Due to poor weather cycling, cause of crash/ no control. Potential broken limbs/ traffic injury.	1	3	3	Necessity to wear a helmet on club rides and to have lights on bike. Specific cyclist signings used in order to maintain group safety ie. Vocal and visual communications. Advised not to cycle with slick tyres over the winter/autumn season	1	3	3	Try to ensure that rides take place in dry weather. Extra space given between each cyclist.
Club cycling and time trials	Asthma attack	Potential for asthma attack on high intensity workout	1	2	2	To bring pump of attacks are regular etc. rider asked to take necessary precautions.	1	2	2	Group to split if needed, responsible party to cycle home if capable at easy pace. If further action needed, ambulance to be called/someone to pick the individual up.

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Covid-19	Movement within/ around buildings Protecting people who are at risk	Club/ socs members Vulnerable groups (elderly, pregnant and those with underlying health conditions) Anyone else who comes in contact with you in relation to you're activity	3	5	15	Wear face covering inside buildings and crowded places. Physical social distancing should still be practised where possible. Areas used by the club will be wiped a down and cleaned after use, particularly common places such as the swimming pool. Good personal and hand hygiene will be maintained and practised.	3	5	15	Use outdoor spaces in favour of indoor spaces
Freshers fair	Slips, trips and falls Obstructions. Build-up of rubbish/debris. Risk of Minor Injuries: Grazes, cuts and bruising. Major injury: Fractures	Attendees, students and staff	1	3	3	No items to be on the floor of the stall. Rear/sides of stall to be kept tidy	1	3	3	n/a

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Overcrowding	Reduced space in the hallways and entrances. Risk of spread of covid 19. Risk of panic in confined space. Risk of being crushed against structures. Aggressive behaviour	Attendees, students and staff	2	2	4	Maximum of 3 committee members on the stall at any one time. Reps will not block walkways. Face masks not compulsory but advised inside building. Social distancing maintained as much as possible.	2	2	4	
Food allergies	Risk of allergic reaction to ingredients in food	Attendees, students and staff	3	1	3	A list of ingredients of the food items to be kept at the stall. Representatives to ask attendees if they have any allergies. If the food items may contain or do contain any common allergens, e.g. nuts, signs will be displayed to notify attendees of this: 'Products may contain nuts or nut extract...'	3	1	3	

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
Responsible manager's signature:				Responsible manager's signature:	
Print name: Cordelia Halfhead				Print name:	
Date: 24/09/2022				Date	

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	5	10	15	20	25
	4	4	8	12	16	20
	3	3	6	9	12	15
	2	2	4	6	8	10
	1	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 low as is 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.
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.

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 self-administered.
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.

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

