



Risk Assessment

Risk Assessment for the activity of	Should be read in conjunction with the Covid-19 risk assessment form		Date	01/06/2021
Unit/Faculty/Directorate	University of Southampton Belly Dance Society	Assessor	Therese Berendt (President + teacher)  Michaela Jarrat (Social secretary) 	
Line Manager/Supervisor		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		
Personal physical injury (muscle and joint) either prior to classes or during.	Could lead to some pain or in serious cases a pulled muscle.	Any dancer	3	4	12	Allotting sufficient time at the beginning and end of classes for warm up and cool down. Emphasising the importance and value of these. Supervision from a trained and qualified professional.	1	4	4	Make students aware at the beginning of class of trip hazards and ask them to be minimised. Ask that students recently injured take the necessary rest time to ensure they heal fully and do not put themselves at risk. Ensuring that the number of students per class is not too high. Asking dancers to make known any injuries they currently have so that they can be supervised more closely	
Possible injury due to surplus furniture in the practice rooms	Could lead to bruising on the hard floor.	Any dancer	3	3	9	Ensure that there are no pieces of furniture in the way of the dancing area.	1	2	2	Moving any furniture to the sides of the room and stacking safely where possible.	

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Inappropriate Room temperature and ventilation	Could lead to difficulty breathing/fainting	Any dancer	3	3	9	Ensuring practice rooms are not too cold or too hot. Ensuring the practice rooms have windows, or other means of cooling such as fans and air conditioning.	1	2	2	Open the windows during classes take place Ask dancers if temperature is okay in the room	
Exhaustion	Could lead to an increased likelihood of injury, or when hot fainting.	Any dancer	3	4	12	Make dancers aware of nearby water supply and ensure that no dancer feels obligated to over-exert them self.	1	4	4	If a student appears exhausted, be pro-active in asking them to sit out to eliminate the risk of further exhaustion or other consequences.	
Electrocution from stereo	Could lead to an injury	Any dancer	2	2	4	Ensure that the sound system is PAC tested and no liquids are close to the electrics.	1	2	2	Report any faults with the sound system to the appropriate people and do not use.	
Physical exertion/injury in class	Could lead to some pain or in serious cases a pulled muscle	Any dancer	2	2	4	Ensure that students can work at their own level to reduce injury, and always include a warm-up	1	2	2	Ask that students recently injured take the necessary rest time to ensure they heal fully and do not put themselves at risk	

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Falling whilst dancing	Could lead to bruising on the hard, wooden floor	Any dancer	3	1	3	Ensure students are not pushed beyond what is safe for them	2	1	2	If somebody seems to be at risk due to slippery footwear, ask them to change and dance in more suitable/safe clothing	
Dancers colliding or falling over each other	Dancers colliding into each other when dancing and getting hurt	Any dancer	2	1	2	Ensure that classes do not exceed maximum limit.	1	1	1	Advise students to use a space that has enough room for them.	
Fire alarm	People may panic, collide, or trip as they aim to leave the building. They may also get lost.	Any dancer	1	1	1	Make sure that everyone attending is aware of where the fire exits are, and where the assembly point is	1	1	1	Check regularly is there are any scheduled fire alarm tests	
Security	Material could be damaged by dancers, or potentially stolen	Any dancer	1	2	2	Make dancers aware that we cannot be responsible for the security of their belongings	1	2	2	Advise students to put their belongings in the allocated storage boxes.	

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Online Dance Class Hazards	Injury due to confined space, different conditions	All those watching online	2	2	4	All instructors will begin classes with a warm-up and end with a cool down, as well as begin classes	1	1	1	Ensure students are aware of safety instructions for dancers in confined spaces to dance carefully and consciously.



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	Ensure that dance committees are made aware of fire procedures	Committee or teacher	4 June		
2	Ensure that all dancers are aware that dancing in socks can be dangerous.	Committee or teacher	4 June		
3	Ensure that classes do not exceed maximum limit.	Committee or teacher	4 June		

University of Southampton Health & Safety Risk Assessment

Version: 2.3/2017

Responsible manager's signature: Print name: Therese Berendt 			Date: 01/06- 2021		
Responsible manager's signature: Print name: Michaela Jarrat 			Date: 01/06- 2021		

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	

	5	10	15	20	25
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

Impact		Health & Safety	
1	Trivial - insignificant	Very minor injuries e.g. slight bruising	
2	Likelihood		
3	1 Moderate	Rare e.g. 1 in 100,000 chance or higher	Injuries or illness e.g. strain or sprain requiring medical support
	2	Unlikely e.g. 1 in 1,000 chance or higher	
4	3 Major	Possible e.g. 1 in 100 chance or higher	Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks
	4	Likely e.g. 1 in 100 chance or higher	
	5	Very likely e.g. 1 in 10 chance or higher	
5	Severe – extremely significant	Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.	

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.