| Work/Activity: Aerial Sports | | |
| --- | --- | --- |
| Aerial sports involves the performance of strength moves and poses at an elevated height. This height is achieved from either a secured base, a portable rig or fixed rigging points from the ceiling.  As a society we hold training sessions on campus twice a week, we hold taster sessions to get more people involved into the society and we perform during events such as the Bunfight and showcases. In all these events we use society equipment which is set up by experienced committee members. Our routines include inverts and spins on the equipment. Only moves which we have been taught by a professional instructor are allowed during showcases and training sessions.  For taster sessions we teach only very basic spins and poses. Taster and practice sessions are supervised by committee members to ensure safe practice. We ensure that a First Aider (instructor or trained committee) is present when practicing new moves (e.g. taster sessions) and during performances.  At all events, participants do a warm up and a cool down to avoid possible injuries. | | |
| Department/Club: Southampton Aerial Sports Society | Assessor(s): Eleanor Dodd | Contact: ed7g11@soton.ac.uk |
| Guidance/standards/Reference documents: | Competence requirements: | |
| * http://www.hse.gov.uk/Risk/faq.htm | Role: | Skills, experience or qualifications |
| President and Welfare Officer  First Aider  Mental Health First Aider | 2 years as a member of Aerial Sports Society (4 years of aerial experience). Previously responsible for Health and Safety in Circus Society. |
| Risk assessments linked: |

| Hazards | Control measures | Likelihood | Severity | Risk | Acceptable? |
| --- | --- | --- | --- | --- | --- |
| Manual Handling | Committee will oversee the setting up and packing away of the poles and rigs with the assistance of experienced society members following the guidance set out in the equipment manuals. Only members who feel they are competent, experienced and capable of carrying equipment will be encouraged to do so. Shoes must be worn while equipment is being put in place. | 3 | 1 | 3 | Y |
| Rig/Pole Base coming apart | Committee and instructors will make sure that all parts of the poles and rig are secured before they are used. Testing that the rig is secure and rigid from the ground. Ensuring that carabiners have been screwed shut. Checking the pole - tightening bolts and testing before use and recognising the signs they might be is loosening. | 2 | 3 | 6 | Y |
| Falling off the equipment | Hoops are wrapped in grip tape and hand grip will be available for poles/silks.  People using the equipment will be instructed in measures they should take to avoid slipping or falling from the equipment.  The height of the poles and hoop will be limited to reduce the danger of falling.  A mat will also be used to avoid serious injury in case of a fall from height. | 3 | 3 | 9 | Y |
| Damage to muscles, tendons or ligaments | A full warm up and cool down is performed for each session. The correct techniques used for each move are taught by our instructors. If a participant has a previous injury they will be encouraged to reduce strain on that muscle/body part. Participants are reminded that they can always withdraw if they feel unable to safely perform a particular move. | 3 | 2 | 6 | Y |
| Skin Damage and mild bruising from equipment | Proper instructions on correct techniques are given. Our liability agreement outlines appropriate clothing for each activity. | 4 | 1 | 4 | Y |
| People come in contact with others when on the equipment, such as kicking when doing a spin | Aerial Sports committee and instructors will make sure that all those attending training sessions, taster sessions or Bunfight are aware that they should not stand near the equipment while someone is on it. They will be told to move back should they get too close to the equipment itself. Equipment will be positioned a suitable distance away from each other. A clear line will be marked with tape or other means to prevent people from getting too close during crowd performances e.g. the bunfight. | 3 | 1 | 3 | Y |
| Injury during warm up or cool down | Warm up and cool down are performed as a group directed by the instructor or an experienced committee member to ensure they are conducted properly. | 3 | 1 | 3 | Y |
| Heat exhaustion/  dehydration | Participants will be encouraged to drink water before and after to ensure they remain hydrated. | 4 | 1 | 4 | Y |
| Injury due to inappropriate  footwear or clothing | Attendees will be advised on what to wear for taster sessions and normal sessions, no footwear will be worn as this would reduce the grip on the equipment. | 2 | 1 | 2 | Y |
| Fire | Fire exits and routes will be kept clear and participants will be informed of the nearest exit. | 1 | 5 | 5 | Y |
| Equipment Failure | Equipment is visually inspected every 6 months - following manufacturers instructions for care. The hours of use of each piece of equipment is logged along with the purchase date of that item. A piece of equipment will be deemed unacceptable for use if visually damage, had more than 5 years of continuous use or has had more than 300 hours of use. | 1 | 4 | 4 | Y |

| Reviewed By: | | Comments: |
| --- | --- | --- |
| Responsible person (SA/DM): | Date: |  |
| SUSU H&S manager (where applicable): | Date: |  |



| **High probabilit**y, 1 in 10 chance or higher, once in two weeks or higher for activities on a daily basis |
| --- |
| **Possible,** Significant probability,1 in 100 chance or higher, once in 6 months for activities on a daily basis |
| **Unlikely,** low probability, 1 in 1,000 chance or higher, once in 4 years or longer for activities on a daily basis. |
| **Rare,** very low probability, 1 in 10,000 chance or higher, once in a decade or longer for activities on a daily basis. |
| **Almost never**, extremely low probability, less than 1 in 1000,000, Once in a century or longer for activities on a daily basis |

| **Risk Assessment** | | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
| **Within this section you need to give an overview of all the activities or event is undertaking, clearly identifying the risks involved (Hazards) and what action (Controls) will be taken to avoid or reduce these risks to an acceptable level.** | | | | | | |
| **The likelihood of an accident occurring** |  | **Severity** | | | | |
| **Minor**  Superficial injury Slight or temporary  **1** | **Moderate**  Significant injury or illness Temporary minor disability  **2** | **Major**  Serious injury or illness or Significant and permanent disability  **3** | **Critical**  Fatal injury or illness substantial and permanent disability  **4** | **Catastrophic**  Fatal injury or illness for multiple persons  **5** |
| **Likely 5** | Medium | High | High | High | High |
| **Possible 4** | Low | Medium | High | High | High |
| **Unlikely 3** | Low | Low | Medium | High | High |
| **Rare 2** | Low | Low | Low | Medium | High |
| **Almost Never 1** | Low | Low | Low | Low | Medium |