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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **Gymnastics** | | **Date** | **24/07/19** |
| **Club or Society** | **University of Southampton Gymnastics Club** | **Assessor** |  | |
| **President or Students’ Union staff member** |  | **Signed off** |  | |

| ***PART A*** | | | | | | | | | | |
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| **(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** | | |  | **Residual** | | | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |
| Slips, trips and falls  (Onto sprung floor or crash mats) | Personal injury and affects upon others | User and those nearby | **1** | **3** | **3** | **Brief participants on personal safety before beginning**  **Brief participants to pay attention to where they are walking and put equipment back away after use to protect others** | **1** | **3** | **3** |  |
| Undertaking activities beyond skill capacity | Personal injury and affects upon others | User and those nearby | **2** | **3** | **6** | **Ensure that participants work within/just beyond skillset, asking a coach for assistance when trying something new** | **1** | **3** | **3** |  |
| Collisions | Colliding when practising skills | User and those nearby | **1** | **2** | **2** | **Brief participants on safety of self and others** | **1** | **2** | **2** |  |
| Overstretching of muscles | Pulled muscles and strains | User | **2** | **2** | **4** | **Ensure correct and adequate warm-up procedure**  **Brief participants on safe practice and staying within their skillset ability to avoid overstretching, asking for coach assistance if unsure** | **1** | **2** | **2** |  |
| Wearing jewellery or inappropriate clothing (e.g. loose or dangling straps) | Jewellery or clothing could get caught on the individual and cause injury | User | **2** | **2** | **4** | **No jewellery permitted and fitted clothing with no loose parts or straps should be worn** | **1** | **2** | **2** |  |
| Exacerbation of existing medical conditions, e.g. asthma, epilepsy | Severe illness if symptoms of the conditions are triggered/worsen | User | **1** | **4** | **4** | **Collect medical history from each participant and ensure they bring any medication they may need normally or in an emergency to every session** | **1** | **4** | **4** |  |
| Faulty equipment | Faulty equipment could break and fall onto someone or someone could fall off the apparatus | User and those nearby | **2** | **3** | **6** | **Check all equipment before use and ask a member of staff how to use it and its safety if unsure** | **1** | **3** | **3** |  |

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| ***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** | |
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| Responsible committee member signature: | | | | | Responsible committee member signature: | | |
| Print name: | | | | Date: | Print name: | | Date |

**Assessment Guidance**

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

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| **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** | | | | |

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| 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. |

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.

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| 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 |