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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **The Cube Zumba Class**  **Instructors:**  **Anna Dockery- Zumba B1 level training.** | | **Date** | **23/11/22** |
| **Club or Society** | **Zumba+ Society** | **Assessor** | **Jaime Hessell (Secretary)** | |
| **President or Students’ Union staff member** |  | **Signed off** | ***Flora Egerszegi (President)*** | |

| ***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, falls and dehydration | Injury could occur by tripping, knocking into others, or potentially falling onto the floor and dehydration through lack of water during exercise is also plausible. | Participants in the dance class and instructors | **3** | **4** | **12** | All members participating must have appropriate clothing/footwear and water or they are not permitted to participate. This includes the prohibition of black-soled shoes in the Cube. | **1** | **4** | **4** | Warm-up and cool down routines minimise the risk of muscle strains which could cause tripping / falling and class numbers will be capped to avoid injury from overcrowding. Instruct participants to use the free water fountains in the union building. |
| Further damage/impediment to any previous injury or serious health condition | Could further hinder a pre-existing injury and/or illness due to the vigorous nature of the exercise. | Participants and teachers | **2** | **4** | **8** | All members must sign a health and safety waiver certifying they are healthy and able to participate in the class, ensuring the overall health and fitness of class participants e.g. not pregnant, not recently had an extended stay in hospital, doctor has not advised against any rigorous exercise, and all participants are over the age of sixteen. | **1** | **4** | **4** | Both committee members and teachers should be vigilant towards class members i.e. make sure the level of exertion is suitable for all members, and lower it if necessary. The instructor should also be aware of their position on the stage to avoid risk of falling off. |
| Operating the speaker: Fire and electrocution risk | Potential for a fire to break out or an electric shock to occur when the instructor uses the speaker if the plug socket is in disrepair or the speaker is damaged in any way. | Participants, instructors, all users of the building if fire spreads | **2** | **3** | **6** | Safety checks of the building are carried out by SUSU and a cover has been purchased to protect the speaker against water damage. | **1** | **3** | **3** | Make sure there is no water near the sound system, and refrain from using any plug sockets and/or wires which seem to be damaged and/or faulty in any way. Inform SUSU if any issues such as they arise in order to repair the issue as soon as possible. |
| Limited visibility from disco lighting | May result in struggling to notice hazards in the darker lighting, such as uneven surfaces, leading to injury | Participants and instructors | **3** | **3** | **9** | Safety checks of the building are carried out by SUSU and full lights will be on when participants enter class. | **1** | **3** | **3** | Make sure that participants are aware of their surroundings and allow them to position themselves in a safe position with enough room to avoid collision with other participants |
| Slips due to mat on Cube floor | Injury or exacerbation of previous injury could occur due to tripping | Participants | **3** | **4** | **12** | We ensure that participants either stand on OR off the mat, and to stay in that position, so they are not at risk of tripping on the edges. We also ensure that we remind participants that the mat is there. | **2** | **2** | **4** | We cannot avoid using the mat as it covers the flooring in the Cube. Once participants are aware of it and we enforce correct spacing we will be able to reduce the risk. |
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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: Flora Egerszegi (President) | | | | Responsible committee member signature: Jaime Hessell (Secretary) | | |
| Print name: FLORA EGERSZEGI | | | Date:23/09/2022 | Print name: JAIME HESSELL | | Date: 23/09/2022 |

**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 |