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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Taster session for self defence** | **Date 25/08/2018** |  |
| **Club or Society** | **Southampton University Feminist Society** | **Assessor** | **Melsa Bicer VP** |
| **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** |
| Physical exhaustion  | Fatigue, passing out | Committee members, people in the vicinity | **3** | **2** | **6** | **Instructor will be asked to not give moves that require a lot of willpower or inflict a lot of pain** | **1** | **1** | **1** | Before the event, everyone will be told that if they cannot continue, they are more than welcome to stop or leave |
| T | Passing out | Committee members, people in the vicinity | **2** | **2** | **4** | **People attending will be instructed to drink enough to come to the session.**  | **1** | **2** | **2** | Some water will also be provided |
| Tripping | Falling over, broken limb | Committee, people in the vicinity | **5** | **2** | **10** | **Self-defence instructor will only teach the basics and beginner level moves.**  | **3** | **1** | **3** | People will be asked to partner up with individuals they trust and know their boundaries. If not, share them with the partner they end up with  |
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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** |
| 1 | Action has been taken by talking to the instructor and has told us that he will plan the session based around our needsNo cost | Committee | 28/09/2018 | 27/09/2018 | Confirmed by instructor that our needs that no extremely painful moves will be taught are reasonable and can be completed |
| 2 | Everyone who has interest in the event will be told in person and online to drink enough water! Some water will be given out at the session. Cost around £5 | Committee | 28/09/2018 | 27/09/2018 | Individuals have reported back to us that they have read our instructions and will understand why it is important |
| 3 | Action has been taken by talking to the instructor and asked them to only teach our members basic movesNo cost | Committee | 28/09/2018 | 27/09/2018 | Confirmed by instructor that only basic moves will be taught and that this is reasonable and to be expected.  |
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| Responsible committee member signature: Melsa Bicer | Responsible committee member signature: Fleur MacInnes |
| Print name: Melsa Bicer | Date: | Print name: Fleur MacInnes | 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 |