

University of Southampton Health & Safety Risk Assessment

Version: 2.3/2017

Risk Assessment			
Risk Assessment for the activity of	Southampton University Hospital Rugby Football Club Trip/Tour 19/02/2026 to 22/02/2026 Netherlands Amsterdam	Date	13/02/2026
Group name	SUSU Southampton University Hospital Rugby Football Club MOOSE	Assessor	George Paget
Supervisor	George Paget	Signed off	N/A, please upload to groupshub for digital sign-off by SUSU Activities team

PLEASE USE THIS SECTION TO UPDATE/AMMEND/ADD ANY INFORMATION REQUIRED. IF YOU HAVE ANY FURTHER QUESTIONS REGARDING YOUR RISK ASSESSMENT PLEASE CONTACT XXXXXXXXXXXXXXX FOR FURTHER INFORMATION.

PLEASE NOTE AS A COMMITTEE IT IS ESSENTIAL THAT YOU HAVE A RISK ASSESSMENT IN PLACE PRIOR TO ANY ACTIVITY OR TRIP

You must register your trip/tour abroad with SUSU here - <https://sotonac.sharepoint.com/teams/SUSU-groups/SitePages/Trips-and-Tours.aspx>

PLEASE ADD THE FOLLOWING INFORMATION:

- Where are you going? Amsterdam Netherlands**
- Where are you staying? Teleport Hotel Amsterdam Heathrowstraat 3, 1043 CE Amsterdam, Netherlands**
- How many people are going on the trip? 21**
- Ensure you have a few key phrases printed on laminated card to take with you in case of an incident (we've broken down, there has been an accident etc.)**
- Ensure you have the local British Consulate number for the country you are in available – they will be able to support if there is an incident (translation etc.)**

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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	
Slips, Trips, Falls	Accident and/or Injury	- Students - Members of the public	1	3	3	<ul style="list-style-type: none"> – Group sizes reduced to ensure no large groups are formed. – Students will be encouraged to take care when crossing busy streets and when negotiating paths. Students will also be encouraged to wear appropriate footwear when travelling by foot. 	1	3	3	<ul style="list-style-type: none"> • Should injury occur, Committee to contact appropriate emergency services • Committee to have local British Consulate number available - • Organisers to bring a first aid kit for minor injuries • Committee to complete SUSU Incident report as soon as possible – available here

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Individuals getting lost while on the trip.	Missing the flight there or back.	User.	2	3	6	<ul style="list-style-type: none"> – Everyone has been informed to stay in groups of three or more. – Advice on mobile data plans has been given, as well as meeting points and general travel itinerary. – Groups will be staying on guided tours or tours of popular attractions which are well policed. – Only licensed taxi companies such as Uber shall be used, as well as reliable public transport links 	1	2	2	<ul style="list-style-type: none"> • The phone numbers of the committee members in attendance have been given to everyone on the trip. • The committee will keep everyone together and periodically conduct group counts at important sections of the trip (i.e. coach travel, airport, hostel check-in and check-out). 			

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Transport: Cancellation/Diversions	Students not reaching intended destination	- Students	3	1	3	– Committee to review Flight times and any potential cancellations/diversions prior to the trip	3	1	3	• During the trip, the committee to regularly review flight times to check for any possible cancellations and diversions. • Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details		

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Travelling around location	Large groups forming	- Students - Members of the public	3	2	6	– split students into smaller groups to avoid large groups forming	3	1	3	• Organisers to familiarise self with location and destinations in advance. Itinerary provided were possible. E.g. use websites like trip advisor, google maps		

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Traffic- accident or collision	Death or major injury	<ul style="list-style-type: none"> - Students - Members of the Public 	1	5	5	<ul style="list-style-type: none"> – Where possible students should avoid driving own vehicles in county. Travel by public transport, hire of coach/bus with reputable company – Buses without seatbelts are avoided if possible and never used on high speed roads – Student drivers- The driver will need to become familiar with local driving regulations. It is important to verify that the driver is actually licensed to drive a vehicle in the country to be visited, e.g. does the country to be visited recognize a British driving license or is an International driving license needed – Verbal warning of risk – Encourage students to use pedestrian crossings wherever possible – Encourage students to travel in appropriate group sizes to ensure no large groups are formed 	1	3	3	<ul style="list-style-type: none"> • Should injury occur, Committee to contact appropriate emergency services • Committee to have local British Consulate number available - • Organisers to bring a first aid kit for minor injuries • Committee to complete SUSU Incident report as soon as possible – available here • Ensure all participants have insurance and access to details
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						<ul style="list-style-type: none"> – Walks on foot will be planned to avoid fast roads wherever possible. 							
Adverse Weather	Sunstroke, heatstroke, cold, minor illnesses as a result of weather	<ul style="list-style-type: none"> • Students 	2	3	6	<ul style="list-style-type: none"> – Advise students and helpers to take appropriate clothing i.e. waterproofs, hat, sun cream 	1	3	3	<ul style="list-style-type: none"> • Should weather be deemed 'adverse' this tour will be cancelled 			

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Risk of Violent Crime, harassment and/or abuse	Accident and or injury	<ul style="list-style-type: none"> • Students • Members of the public 	2	5	10	<ul style="list-style-type: none"> – Students will be encouraged to stay in groups at all time. – Trip organisers to familiarise self with countries emergency phone numbers – Advise participants to research local laws and customs before entering a new country (FCO website as primary resource), so they don't cause offence for cultural differences. – Stay away from large gatherings or demonstrations – Organisers to have a record of & to share details of the consular office for the nationality of each participant – Advise participants to use common sense when getting into vehicles, or accepting invitations and to get out of the vehicle if they feel at risk – Participants all advised to give up their valuables in the event of a 	1	5	5	<ul style="list-style-type: none"> • Should a student witness or be a victim to such crime they are able to contact the appropriate emergency service and report to the committee. In turn this to be reported to the duty manager • Committee to contact appropriate emergency services • Committee to have local British Consulate number available - • Organisers to bring a first aid kit for minor injuries • Committee to complete SUSU Incident report as soon as possible – available here
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						confrontation to prioritise own safety							
Loss of valuables	Lost items	- Students	2	2	4	<ul style="list-style-type: none"> All attendees will be warned prior to the trip to keep valuables secure and hidden Advise participants to have access to personal emergency money, for food/water/travel in the event of robbery, e.g. via telephone Stay away from large gatherings or demonstrations Advise participants to bring a photocopy of their passport. 	1	2	2	<ul style="list-style-type: none"> Organisers to have a record of & to share details of the consular office for the nationality of each participant If passport lost, make an official report and contact the nearest embassy or consulate Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details 			

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Students becoming lost	Distressed students	- Students	2	2	4	<ul style="list-style-type: none"> - Should student become lost, students will be encouraged to message the committee through designed chat. Whatsapp, Facebook etc - Encourage all participants to swap numbers before trip 	2	1	2	<ul style="list-style-type: none"> • Students will be encouraged to stay in groups at all time. • Organisers to share trip itinerary were applicable 			

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Inappropriate behaviour – from others or students	Distressed students, members of the public	<ul style="list-style-type: none"> - Students - Members of the public 	2	3	6	<ul style="list-style-type: none"> – Should inappropriate behaviour occur, students can contact both SUSU and/or appropriate emergency services – Participants to research local laws and customs before entering a new country (FCO website as primary resource), so they don't cause offence for cultural differences – Alcohol: members to follow SUSU expect respect guidance, binge drinking to be discouraged, participants encouraged to buddy up and be sensible/use common sense when drinking e.g. do not leave drinks unattended, do not drink to excess, use licenced premises 	1	3	3	<ul style="list-style-type: none"> • Ensure participants are aware that they are responsible for own behaviour (e.g. if arrested), share SUSU expect respect policy in advance of trip • Ensure participants have appropriate insurance and access to mobile phone • Committee to have local British Consulate number available - • Committee to complete SUSU Incident report as soon as possible – available here
Incident- Experience of terrorism	Distress, serious injury, fatality	Students Public Wider student community etc	2	5	10	<ul style="list-style-type: none"> – Organisers to encourage participants to research the political situation of the country they are entering, using the FCO website, will not book trips to FCO most dangerous countries 	1	5	5	<ul style="list-style-type: none"> • Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details

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						<ul style="list-style-type: none"> – Will research specific regions within the country, considering FCO advice and the make-up of student group (e.g. nationalise, religious restrictions etc) – Each participant to have at hand details of local consular office and list of local emergency phone numbers – Participants to have a copy of passport and insurance documents – In case of an incident follow Run, Hide, Tell guidance, follow the advice of in-country energy service – Stay away from large gatherings or demonstrations – Mobile phone access- ensure chargers are taken and research has been done onto local adapters, network access 				<ul style="list-style-type: none"> • Committee to contact appropriate emergency services • Committee to have local British Consulate number available - • Organisers to bring a first aid kit for minor injuries • Committee to complete SUSU Incident report as soon as possible – available here
Incidents restricting travel and health- Natural Disasters, pandemics, political incidents	Distress, serious injury, fatality, inability to return home	Students Public Wider student community etc	2	5	10	<ul style="list-style-type: none"> – Stay away from large gatherings or demonstrations – Mobile phone access- ensure chargers are 	1	5	5	<ul style="list-style-type: none"> • Ensure each participant has booked appropriate insurance for the duration of the trip and

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						<p>taken and research has been done onto local adapters, network access</p> <ul style="list-style-type: none"> – Organisers to encourage participants to research the political situation of the country they are entering, using the FCO website, will not book trips to FCO most dangerous countries – Will research specific regions within the country, considering FCO advice and the make-up of student group (e.g. nationalise, religious restrictions etc) – Each participant to have at hand details of local consular office and list of local emergency phone numbers – Participants to have a copy of passport and insurance documents – Regular checks with travel company prior to departure 				<p>has access to insurance details</p> <ul style="list-style-type: none"> • Should injury occur, Committee to contact appropriate emergency services • Committee to have local British Consulate number available - • Organisers to bring a first aid kit for minor injuries • Committee to complete SUSU Incident report as soon as possible – available here
Medical Emergency	Participants may sustain injury due to; pre-existing medical conditions (such	Student participants	3	5	15	<ul style="list-style-type: none"> – advise participants; to bring their personal medication (such as epi-pen where needed), what numbers to ring in 	2	5	10	<ul style="list-style-type: none"> • Ensure each participant has booked appropriate insurance for the duration of the trip and

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	as food allergies leading to Anaphylaxis), an incident whilst travelling, or as a result of a poor response to a previous medical situation.					<p>an emergency, and that the priority is to first seek medical attention in country (not to call home first!)</p> <ul style="list-style-type: none"> – Advice participants to bring enough medication for trip duration and include ingredients list, packaging (to support in country medical team if required) – Participants to inform committee / trip lead and/or restaurants of any allergies prior to the trip – Next of kin and medical details have been collected in case they are needed for medical reasons- stored securely following GDPR Guidelines – Organisers to familiarise self and brief participants on local medical facilities 				<p>has access to insurance details</p> <ul style="list-style-type: none"> • Encourage participants to Check legal restrictions on import /export controls on medications • Should an incident occur, Committee to contact appropriate emergency services • Committee to have local British Consulate number available • Student who have allergies to carry epi-pen and ensure they have told organisers where to find it • Organisers to bring a first aid kit for minor injuries • Committee to complete SUSU Incident report as soon as possible – available here
Drowning- tours/trips by the sea, lakes etc, activities involving water	Serious injury/fatality	Student participants	2	5	10	<ul style="list-style-type: none"> – Participants to obey local laws and follow local advice on tides etc – Ideally swimming should be avoided when no 	1	5	5	<ul style="list-style-type: none"> • Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details

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						<ul style="list-style-type: none"> lifeguard provision is available Follow FCO guidance on country safety. on tidal patterns Advice common sense- Participants undertake activities at own risk- encouraged to think about own ability e.g. swimming competency and training (water sports) Life jackets/PPI to be worn as instructed Swimming at night to be avoided 				<ul style="list-style-type: none"> Should injury occur, Committee to contact appropriate emergency services Committee to have local British Consulate number available - Organisers to bring a first aid kit for minor injuries Committee to complete SUSU Incident report as soon as possible – available here Ongoing dynamic risk assessment taking into account location and weather 			

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			Likelihood	Impact	Score	Likelihood	Impact	Score	Likelihood	Impact	Score		
Not having travel insurance	Medical treatment costs not covered; no cover for repatriation, emergency travel changes, lost/stolen items, liability, or trip interruption. Potential personal financial loss and delays in accessing care.	Student	3	4	12	<ul style="list-style-type: none"> All participants should be advised to hold valid travel insurance covering the full trip dates and planned/likely activities; Policy should include medical expenses and repatriation; participants should declare any pre-existing medical conditions and ensure they are covered. Students should have access to their proof of policy whilst on the trip (certificate/confirmation) 	1	4	4	<ul style="list-style-type: none"> Set a cut-off date for purchasing own insurance (e.g., two weeks before departure) Look to provide guidance on typical cover limits and common exclusions to check (e.g., baggage limits, activity cover). 			

PART B – Action Plan

Risk Assessment Action Plan

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Part no.	Action to be taken, incl. Cost	By whom	Target date	Review date	Outcome at review date
1	Before booking trip organisers to investigate country information and region safety via government FCO Website- https://www.gov.uk/foreign-travel-advice	George Paget and Amith Thomas	01/02/2026	12/02/2026	Country is safe for travel
2	Organisers to ensure appropriate travel insurance has been secured by/for each participant	George Paget and Amith Thomas	01/02/2026	12/02/2026	Travel insurance secured
3	Participant briefing on health & safety before trip e.g. meeting, online, emails (including consular and emergency services information)	George Paget and Amith Thomas	01/02/2026	12/02/2026	Completed
4	Trip itinerary and details of hotels/flights shared with all participants	George Paget and Amith Thomas	01/02/2026	12/02/2026	Completed
5	Participants emergency contact details gathered by organisers- stored securely in accordance with GDPR guidelines	George Paget and Amith Thomas	01/02/2026	12/02/2026	Completed and filed
6	Organisers to check and pack a first aid kit	George Paget and Amith Thomas	01/02/2026	12/02/2026	Packed
7	Organisers Severe Weather and Natural Disaster Check prior to departure	George Paget and Amith Thomas	01/02/2026	12/02/2026	Weather safe for travel
8	Transport- where student drivers and hire vehicles to be used ensure company vehicle safety checks area carried out, and research laws on licencing Book appropriate travel insurance/cover	George Paget and Amith Thomas George Paget and Amith Thomas	01/02/2026 01/02/2026	12/02/2026 12/02/2026	Company fully licensed and safe Travel insurance paid for

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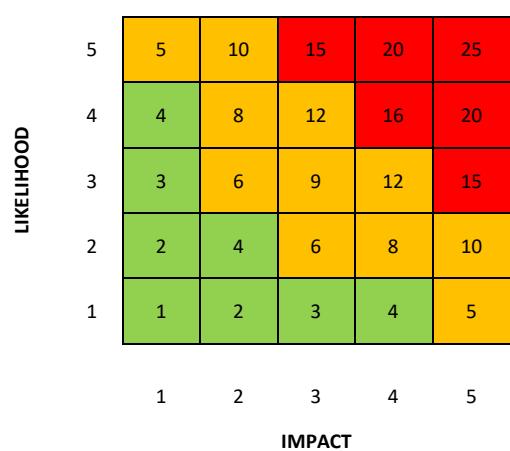
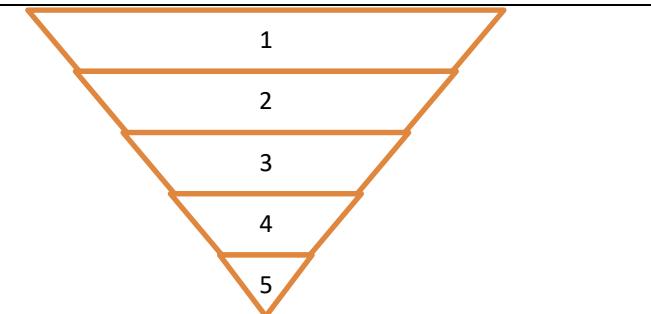
9	Ensure you have a few key phrases printed on laminated card to take with you in case of an incident	George Paget and Amith Thomas	01/02/2026	12/02/2026	Printed and ready to be handed out to participants
Responsible committee member signature: George Paget At least 2 committee members need to sign Part B Print name: GEORGE PAGET			Responsible committee member signature: Amith Thomas At least 2 committee members need to sign Part B Print name: AMITH THOMAS		
Date: 13/02/ 2026			Date: 13/02/2026		

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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



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.

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

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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.