**University of Essex Cycling Club Risk Assessment**

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| Location: | Cycling Studio and outside |
| Assessor: | Rob Neale |
| Persons at risk: | Participants/Spectators |

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|   | Pre-Control Risk Rating | Control Measures | Post Control Risk Ratings | Comments |
| L | S | Risk Score |  | L | S | Risk Score |
| H – airborne illnessesHE – illness being transmitted to people via dust particles/respiratory droplets**C – Contracting the virus/germs resulting in consequences ranging from being asymptomatic to death** | 2 | 7 | 14 | Ensure that anyone with illness (cold, flu etc.) do not attend training sessions, matches to minimise spread of infection – based on outdoor session. | 1 | 7 | 7 | If participant presents with covid 19 after training or match. We will urge participant to test for covid. Along with asking the participant with covid not to return to training till covid free, we will also check on them throughout their time of isolation. |
| H- lack of preparation before training and competition (warm up) HE- participating in training session/matches without adequate warm up C- Potential injuries such as to their muscles | 3 | 5 | 15 | Coach/captain will ensure everyone takes part in the warm up before training and all attendees who show up later to the session, will be asked to do an individual warm up prior to joining the main session. | 1 | 5 | 5 |  |
| H – Pre-existing injuryHE – participating in physical activity with a pre-existing injuryC – Aggravate/worsen a pre-existing injury (e.g. tears an ACL) | 5 | 6 | 30 | Attendees to make session lead aware of any pre-existing injuries.Student to opt out of any form of physical activity which might worsen their injury.Session lead keep tabs on participant’s previous injuries and check on their welfare. | 2 | 6 | 12 |  |
| (H) Not wearing correct equipment (Helmet/cycling shoes)(HE) Head not protected/feet can slip off of pedals more easily(C) concussions/Strains/bruising/cuts | 3 | 4 | 12 | Captain/Coach responsible for ensuring all Participants have correct footwear.Any faulty equipment is replacedAll club members are required to wear helmets and appropriate footwear (preferably cycling shoes) | 1 | 4 | 4 |  |
| H – Cycling surfaces (e.g. pot holes)HE – Slips/falling off bike/braking distance increased/equipment and bike becoming damagedC – Cuts, bruises, sprained joints and possible fractures | 3 | 4 | 12 | Coach/president/captain to check riding surfaces and weather beforehand and advise or cancel training/riding if necessary.If there is an issue (e.g. pot holes) with the route to be used, session lead to inform riders of issues before the session commences and to advise them of precautions to take. Routes selected by session leads are the safest to use. | 1 | 3 | 3 |  |
| H - Faulty EquipmentHE – Ride with faulty equipment (chain slack or overtight/flat or over inflated tire)C – Riders falls of bike causing cuts bruising/strains and or fractures | 3 | 4 | 12 | Session leads, visually inspect equipment prior to when they are due to be used.Any club equipment which is faulty is removed from use.Session leads, make sure all riders have a suitable helmet.When relevant, club equipment is serviced to ensure it is fit for purpose and is being safely maintained. | 1 | 3 | 3 | After visually inspect equipment (Bikes and helmets), riders are good to ride and train. |
| (H) Moving Training equipment (HE) Incorrect manual handling techniques utilised (C) Injury from manual Handling  | 2 | 2 | 4 | Minimum of 2 individuals to move any heavy or long pieces of equipment Use of Trolleys or other aids if available Correct Manual Handling Training provided.Only students trained in safer manual handling should move heavy equipment. | 1 | 2 | 2 |  |
| H IntoxicationHE Attendee arrives to training intoxicated and tries to participate C Injuries themselves or their peers | 1 | 5 | 5 | Any student deemed to be under the influence of alcohol/drugs will be refused entry to training/won’t be allowed to play in matches.If a student represents a threat to others in a campus based session, security are notified and student is removed from a session.  | 1 | 1 | 1 |  |
| H Participants HE An attendee works too hard/don’t drink enough waterC Dehydration: fainting/Collapsing and any consequent injuries | 3 | 5 | 15 | Session lead to ensure that they provide sufficient breaks during a training session for attendees to rest and rehydrate.Session leads to remind attendees to bring a water bottle with them.If someone becomes faint, group to stop and wait with the rider in question before the ride resumes.If rider is too weak to continue to cycle, a taxi is called and the rider is accompanied by another member of the group back to campus/hospital if needed. | 2 | 4 | 8 |  |
| (H) Unexpected Medical Emergency(HE) Participant has Unexpected Medical Emergency (Heart Attack)(C) Heart Attack or other Medical Emergency Leading to Serious Medical Concerns/Death | 1 | 7 | 7 | Ensure Medical Information is up to date for all participants and is readily available in the event of an emergency. Ensure First Aiders are present at all training Sessions.If it’s feasible to take a first aid kit on rides off campus, this is taken with the qualified first aider and first aid treatment is administered when needed. | 1 | 7 | 7 |  |
| H –Travel to away gamesHE – Not wearing seatbeltsC – injuries including whiplash | 3 | 5 | 15 | Players wear seatbelts when travelling on minibus/coach. | 2 | 5 | 10 |  |
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| H- DriverHE – Long journey to/from venue causing exhaustionC – accident | 4 | 7 | 28 | The club ensures that the driver does not drive more than 2hours.The driver will take a 15 minute break for every 2 hours of driving. | 2 | 7 | 14 |  |
| H – DriverHE – not qualified, no insurance in placeC – accident/passenger not covered for any injuries sustained | 4 | 7 | 28 | Only drivers with a driving license and an in-date insurance policy should transport passengers in their car. Only students who have passed the MIDAS theory and practical test should drive the SU minibus/external mini bus. | 2 | 7 | 14 |  |

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| **The person signing this assessment must check the information above to ensure it is relevant to this operation on this site. Additionally, any additional controls measures deemed necessary must be included.** |
| **Signed Author** | **Wong Tsz** | **Date: 18/10/2022** |
| **Signed Checked By** | **Rob Neale** | **Date: 21/02/23** |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
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