**Risk estimation**

Using the form provided to evaluate the main health and safety risks in your sport. Use the guidance and tables below to help you:

Table 1: risk estimation

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| **Likelihood**  | **Severity of impact**  |
| Slight | Moderate | Extreme |
| Very unlikely | Very low risk (VL) | Low risk (L) | High risk (H) |
| Unlikely | Very low risk (VL) | Medium risk (M) | Very high risk (VH) |
| Likely | Low risk (L) | High risk (H) | Very high risk (VH) |
| Very likely | Low risk (L) | Very high risk (VH) | Very high risk (VH) |

Table 2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Categories for likelihood of harm**  | **Very unlikely (VU)** | **Unlikely (U)** | **Likely (L)**  | **Very likely (VL)** |
|  |  |
| Typical occurrence  | Less than 1% chance of being experienced by an individual during their working lifetime  | Typically experienced once during the working lifetime of an individual  | Typically experienced once every five years by an individual  | Typically experienced at least once every six months by an individual  |
| A few people exposed to the risk occasionally |   |   |   |
|   | Some people exposed to the risk occasionally | Many people exposed to the risk some of the time  | Many people exposed to the risk most of the time |
|   | or  | or  |   |
|   | A few people exposed some of the time | Some people exposed most of the time |   |
| Adapted from: BS 18004:2008 |  |  |  |

Table 3:

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| **Impact category**  | **Slight (S)** | **Moderate (M)** | **Extreme (E)** |
| Harm to health  | Nuisance and irritation; temporary ill-heath leading to discomfort  | Partial hearing lost; dermatitis; asthma; work-related upper limb disorders; ill-health leading to permanent minor disability. Sickness absence | Acute fatal diseases; severe life shortening diseases; permanent substantial disability. Long term sickness. Ill health retirement. |
| Injury  | Superficial injuries, minor cuts and bruises; eye irritation from dust  | Lacerations; burns; concussion; serious sprains; minor fractures. Sickness absence. | Fatal injuries; amputations; multiple injuries; major fractures Long term sickness. Ill health retirement. |
| Other impacts | Warning letters from enforcement bodies or legal action unlikely. | Improvement notice | Corporate manslaughter or high profile H&S prosecution – Crown court. High fines, imprisonment,  |
|   | Prosecutions for minor offences leading to fines in magistrate’s court.  |   |
| Claims unlikely  |  Civil claims for minor amounts | High profile civil claim (e.g. stress) or large arising from major incidents. |
| Unlikely to be result in adverse press coverage |  |   |
|  |  Local press coverage | National press coverage |
|   |  |   |
| Damage minor and causes no significant disruption  | Part of building lost or temporary disruption to work | Long term disruption to business. E.g. Whole building lost or activity prevented by damage, contamination or prohibition notice.  |
| Cost of rectifying low | Significant costs needed to remedy | Major cost impact to remedy |
| Little or no impact on staff morale  | Some impact on staff morale. Increased dissatisfaction, reduced cooperation and productivity | Major impact on staff morale. Widespread discontent. Poor industrial relations. Tribunals and disputes. Failure to recruit and retain key staff. |
|  |  |   |
| RAE score unaffected |  RAE score threatened | Impact on RAE score  |

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| Sport: Equestrian | Location:  | Reference number: |

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| Activity | Hazard | Hazardous event and expected consequence | People affected | Existing controls | Assessment of risk | Additional Risk Controls | Action Lead | Residual Risk |
| Occupation | Number | Likelihood | Severity | Risk Level |
|  | Participants | Being injured by the actions of a horse whilst standing in close proximity to it. | Riders | 30 |  Anyone who attends the stables is constantly supervised by qualified and trained riding instructors who are also qualified in first aid. | L | M | HIGH |  |  |   |
|  | Falling off a horse whilst stationary or moving. | Riders | 30 |  People who join are informed about the risks involved in the sport and also have to complete a form for the riding stables detailing any previous riding experience and emergency contact numbers, as well as sign that they understand the risks of the sport. Riders all must wear a protective helmet and suitable footwear or they are not allowed to ride. | L | E | VERY HIGH | Whilst riding, riders are constantly supervised by instructors, and beginners are lead on a leading rope by an instructor. |  |  MEDIUM |
|  | Horse running away with rider still on. |  Riders |  |  All horses are ridden in a sand school with fencing around it, the horses are not able to leave the area that lessons are taught in and all of the horses are well trained and ridden by the school every day and are well behaved. | U | L | VERY LOW |  |  |   |
|  | Being injured whist tacking or un-tacking horse. (putting on or taking off saddle and head collar on to a horse in preparation to riding it or after riding) | Riders |   | Anyone tacking or un-tacking a horse is shown what to do before hand and is supervised whilst doing so. | U | M | MEDIUM |  |  |  |
|  | Injury sustained in mounting a horse. |  Riders |  | Riders constantly supervised, and always mount horses by use of a built in mounting block within the sand school or at the stable yard. Horses always held by a qualified instructor whilst rider is mounting. | U | M | MEDIUM |  |  |  |
|  | Falling off a horse whilst Jumping. |  Riders |  | Riders are constantly supervised by qualified instructors. Riders not allowed to jump unless qualified instructors have given their permission. Helmet always worn while on horse. Safety padded protective vests advised to be worn by riders. | L | E | VERY HIGH | Riders who are not experienced are not permitted to jump.  |  | HIGH |
|  | Dismounting a horse. |  Riders |  | Riders always supervised and assisted when dismounting.  | U | M | MEDIUM | Riders only permitted to dismount when the horse is being held and is stationary, also when the immediate area is clear. |  |  |
|  | Crossing road whilst on horse to get to bridleway whilst “hacking” (Riding outside of the stables) | Riders |  | Riders always taken out on to a hack by a qualified instructor who is also on a horse. Instructor also rides horse whist on hack. When crossing the road the instructor will wait until the entire road is clear, and then they will signal for cars to stop/stop the traffic, whilst the riders cross the road in safety. Anyone on a hack must always wear a high visibility jacket at all times. | U | M | MEDIUM |  |  |  |
|   |  Being brushed/hit by low branches whilst on a hack. |  Riders |  | Riders must always wear protective helmet at all times and are always supervised by a qualified instructor. The routes that are used on a hack are well known by instructors and approved by the stables.  | L | S | LOW | Hack routes are also bridleways so frequently used by riders and have been deemed suitable for horses. |  |  |
|  | Horse being spooked whist on a hack by a vehicle, pedestrians, or by wildlife. |  Riders |  |  Riders constantly supervised by a qualified instructor. Riders always wearing protective helmet and footwear. Riders always wear high visibility jackets.  | U | M | MEDIUM | No beginners are allowed to ride on hacks. Only riders who are deemed experienced enough and capable are permitted by qualified instructor to ride on a hack. Only horses which have a good temperament and are used to hacking are ridden out of the stables. No horses which are likely to be spooked are allowed to be ridden on hacks. |  | LOW |
| Travel | Road accidents in hired mini-buses when travelling to away venues. | Participants |  | Drivers not to exceed the seating limit. No drivers will consume alcohol prior to driving. Driver to be properly qualified, for example, only driving the mini bus after passing the SU test. Vehicle will be checked and suitable for use prior to departure. If during the journey the vehicle becomes unsafe then the driver will contact the SU directly. | VU | E | High |  |  | High |
|  | Road accidents involving the use of private cars. | Participants |  | Drivers will comply with the road traffic Act. We will insist that seatbelts are worn; no driver distractions and exits will not be obstructed. | VU | E | High |  |  | High |
| Equipment | Faulty Equipment  | Participants |   | Club Committee to ensure necessary equipment checks and servicing has been completed and documented. | VU | S | VERY LOW |  |  |   |
|  | Setting up and taking down of equipment  | Participants  |  | Participants to be trained how to set up and store equipment. | U | S | VERY LOW |  |  |  |
|  | Equipment not being used left out on the court  | Participants |  | Health and Safety officer to ensure at the start of training all equipment which are not being used are out of the way. | U | S | VERY LOW |  |  |  |
| Slips, trips and falls | Injuries sustained by participants slipping and falling over. | Participants |  | Playing area is checked before use, and any debris is cleared. Ensure the area is suitable to be played on, not wet. | L | M | HIGH | Sports Centre to inform club is ground is not suitable for use. Supervisors to check whether ground is clean of moss. |  | LOW |
| Weather | Extreme cold can cause the ground to freeze and cause serious injury on impact | Participants |  | The ground will be reviewed by the sports centre and ground staff to ascertain if the ground is suitable to be played, if not under no circumstances will training or matches go ahead | VU | M | Low | Keep an eye on the weather reports days before a game or training |  | Low |
| Dehydration | Hot temperatures and direct sunlight can cause dehydration, | Participants |  | Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure regular fluids are consumed. Players are encouraged to bring water bottles to games. | U | M | Medium |  |  | Medium |
|  | Individual Participant Medical | Participants who have asthma - Inability to breathe and find the exercise more difficult | Participants |  | Notifying instructor and AND carrying inhaler / medication. Training partners ensuring each other’s condition throughout session. Instructor / president to inform class of requirement to tell of any medical conditions and then participant’s responsibility to tell instructor. | U | M | Medium |  |  | Medium |
|  |  | Participants carrying injuries - Exacerbation of injuries | Participants |  | Inform instructor of condition. Participant to opt out of any exercises which may cause further injury | L | S | Low |  |  | Low |
|  |  | Every member has a different fitness level - Some members unable to complete exercises / becoming too fatigued | Participants |  | Instructor alters session according to every participant’s abilities. Participants to stop when they reach personal goals / fitness level. | L | S | Low |  |  | Low |
|  | Fire Safety | Fire Procedures and Emergency Exit doors leading directly onto playing area | Participants |  | Ensure Fire doors are closed in Sports Hall. Ensure Fire Doors are not blocked and all teams are informed of the emergency procedure and meeting places | U | S | Very Low |  |  |  |
|  | Participant Behaviour | Poor safety awareness of participants could increase the likelihood of an injury. | Participants |  | All players are made aware of the importance of taking care of opponents and the latest edition of the rules of the sport. | L | S | Low | Any unsafe behaviour will be addressed and corrected. |  | Very Low |
|  |  | Aggression between participants may result in more intentional or unintentional reckless behaviour | Participants |  | Team captains or coaches should be aware of possible aggression arising between players at all times. Any aggression is dealt with in a calm manner ensuring it never presents a risk. | L | S | Low |  |  |  |
|  | Clothing | Appropriate clothing/protective equipment not worn | Participants |  | All club members are required to wear appropriate clothing/protective equipment as recommended by the clubs NGB | U | S | Very Low |  |  | Very Low |

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| Assessors name | Signature | Date | Review period | Date of next review | Responsible manager | Position | Signature | Date |
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