**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. |
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| RAE score unaffected | RAE score threatened | Impact on RAE score |

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| Sport: Snowsports | 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 |
|  | 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 Risk |  |  | M |
|  | 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 Risk | Ensure they are insured to drive | Check documents. | M |
|  | Road accidents involving coaches when traveling in the Alps. | Participants |  | The travel company we use ensure that the drivers they use to take students to the Alps are well experienced on icy roads, especially for the steep ascent and descent to the resort. | VU | E | High Risk | Reps from ski tour company (Off the Piste) ensure rules are enforced. | Ensure reps are aware of this. | M |
| Equipment | Faulty Equipment injuring user | Participants |  | Club Committee to ensure necessary equipment checks and servicing has been completed and documented. Participants who own their own equipment are responsible for their equipments servicing. The upkeep of hired equipment is the responsibility of the company from which the equipment is hired from. Skiers/Boarders should give accurate weight/height/ability information to ski hire shops to ensure that they receive the correct equipment. | U | E | High Risk |  |  |  |
|  | Setting up and taking down of equipment | Participants |  | Participants to be trained how to set up and store race equipment. It is the responsibility of participants to safely put on, take off and store their own equipment. If they require assistance in any of these areas, a member of the committee or a ski/board instructor will provide guidance. | VU | S | Very Low  Risk |  |  |  |
|  | Using ski lifts | Participants and members of the public |  | Participants with little/no experience will be advised to take lessons as they will be taught how to use these lifts correctly | U | M | Medium Risk |  |  |  |
| Slips and falls | Injuries sustained by participants slipping or falling over. | Participants |  | Participants with little/no experience will be advised to take lessons as they will be taught on appropriate levels of slopes, in a steady and progressive manner with thorough safety briefings by a qualified instructor to reduce the risk of injury. We will also encourage all Essex Snowsports members to wear helmets, wrist splints and back supports. Due to the nature of snowsports however slips and falls are extremely common and when abroad, it is the responsibility of members to have their own travel insurance. | VL | M | High Risk |  |  |  |
| Rocks/ski fences/other skiers/ snowboarders | Injuries sustained by participants crashing into other people or objects. | Participants and members of the public |  | Participants with little/no experience will be advised to take lessons as they will be taught on appropriate levels of slopes, in a steady and progressive manner with thorough safety briefings by a qualified instructor to reduce the risk of injury. We will also encourage all Essex Snowsports members to wear helmets, wrist splints and back supports. Due to the nature of snowsports however collisions are extremely common and when abroad, it is the responsibility of members to have their own travel insurance. We advise that travel insurance should cover participants for any injuries/damage they may cause to other people/objects. | VL | E | Very High Risk |  |  |  |
| Separation from a group | In adverse weather, a participant may become separated from their group with little knowledge of the area, how to ski or be prepared for the weather. | Participants |  | We will always advise that participants do not ski/board alone and should ski/board with people of a similar ability to reduce the risk of separation from the group. We also advise that they should carry a mobile telephone, water, food and a piste map at all times. All participants will receive an emergency telephone number from the company we travel to the Alps with incase of such an event. They will be advised as to what to do and how to get safely back to the hotel/group. | VL | E | Very High Risk |  |  |  |
| Weather- Cold | Frostnip, frost bite and hypothermia | Participants |  | Skiers/Boarders should ensure that they are wearing the correct clothing required to stay warm and protected from the elements. | U | E | Very High Risk | Advice people to wear correct attire at all times even when not skiing/snowboarding. Enforce the wearing of coats during nights out.. |  |  |
| Weather- Sun | Snow blindness and sunburn | Participants |  | Skiers/Boarders should ensure that they are wearing the correct sunglasses/goggles for the weather conditions with a strong UV protection. They should also wear suncream. | U | M | Medium Risk |  |  |  |
| Dehydration | Altitude, direct sunlight and exercise can cause dehydration | Participant  TBC |  | Large quantities of fluid can be lost from the body during strenuous exercise, when at altitude and when exposed to direct sunlight. It is recommended to consume 3 litres of water per day when at altitude. We encourage participants to carry water when on the slopes and to be aware that dehydration is actually very common when skiing/boarding. | L | S | Low Risk |  |  |  |
| Individual Participant Medical | Participants who have asthma/diabetes may find the exercise more difficult | Participants |  | Participants should notify their instructor or group AND carry inhaler / medication. Instructor/president to inform class of requirement to tell of any medical conditions and then participant’s responsibility to tell instructor. | U | M | Medium Risk |  |  |  |
|  | 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 Risk |  |  |  |
|  | 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 Risk |  |  |  |
| Fire Safety | Fire Procedures and Emergency Exit doors leading directly onto the training area | Participants |  | Ensure Fire doors are closed in Ensure Fire Doors are not blocked and all teams are informed of the emergency procedure and meeting places | U | S | Very Low  Risk |  |  |  |
| Participant Behaviour | Poor safety awareness of participants could increase the likelihood of an injury. | Participants |  | All participants are made aware of the importance of taking care of themselves and others on the mountain/dry slope/snow dome. It is illegal to drink on the slopes in France and participants will be made aware of this. Many insurance companies will not cover alcohol related injuries/compensation claims. Breathalysers will usually be used at the sight of an incident on all of those involved. | L | E | Very High Risk | Any unsafe behaviour will be addressed and corrected. |  |  |
|  | 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 Risk |  |  |  |
| Clothing | Appropriate clothing/protective equipment not worn | Participants |  | All club members are required to wear appropriate clothing/protective equipment as recommended by the club. | U | E | Very High Risk |  |  |  |

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