**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

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| --- | --- | --- | --- | --- |
| **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: Handball | 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 |
|  | Injuries | No first aid facilities available & accidents not reported | Participants | 30 | All University facilities have a fully qualified first aider on site at all times. Club officials to make themselves and club members aware of first aid facilities, local H&S requirements and emergency procedures at all external venues before taking part in matches/training sessions. | U | S | Very Low | There is at least one first aider at the venue at all times. At any danger occuring or any accident happening the first aider will be informed. |  | Very Low |
|  | Club does not operate within guidelines of AU Club Health & Safety policy. Club members unaware of policy or associated risk assessments | Participants | 30 | Club operates within guidelines of AU H&S policy. All members made aware of both AU H&S policy, individual club H&S policy and all associated risk assessments. | U | S | Very Low |  |  | Very Low |
| Participants | Potential risks/dangers associated with participating in this activity | Participants |  | Club officials make all members aware of any potential risk/dangers associated with this activity | L | S | Low | Club Safety Officer & officials to keep club members informed of any changes to H&S regulations/procedures. |  | Low |
|  | Returning to sport too early following injuries. | Participants |  | All club members advised that returning to sport too early after injury is inadvisable | L | S | Low |  |  | Low |
|  | Official matches and formal practice sessions not supervised by qualified coach or responsible club official | Participants |  | Qualified coach or responsible club official in attendance at all official matches/training sessions | U | S | Very Low |  |  | Very Low |
| Travelling | Travelling to and from matches/training sessions by unauthorised means | Participants |  | All organised travel takes place according to SPORT travel guidelines | U | S | Very Low |  |  | Very 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 |
| Playing surface | Checks not carried out on playing surfaces prior to official matches/practice sessions taking place. Goal posts used may be unstable. | Participants |  | Club officials to check playing surfaces for suitability before commencement of matches/practice. Goalkeepers are tasked to ensure the stability of goalposts. | U | S | Very Low |  |  | Very Low |
|  | Stray balls on the playing surface | Participants |  | New players are instructed (and existing players reminded) to watch out for stray balls on the playing surface. | U | S | Very Low |  |  | Very 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 |
| 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 |  |  |  |

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