**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: Judo | Location: Activity Hall 1, Sports Centre, University of Essex | 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 |
|  | Training area | Injuries may result from improper stretching/cooling down after a session. | Participants | 15 | Novices are first taught how to break their falls and to roll, and how to signal when they are in pain when they are being an uki. This minimises the risk of injury, and means that no one is allowed to train more advanced techniques without first being trained to train safe. | VU | S | Very Low |  |  | Very Low |
|  | A bad fall could result in the uki (person being trained upon) sustaining a minor injury. | Participants | 15 | Members are only taught techniques that are deemed safe to their proven grade (level of skill) by the Jitsu Foundation, as shown by the JF syllabus. Lower grades are not allowed to train more advanced techniques. | L | S | Low |  |  | Low |
|  | Wrong application of a technique could result in uki sustaining a minor injury. | Participants |  | Before and after all training there is a warm up, and cool down exercise period consisting of stretches, balance exercises, and CV warm ups, to ensure that muscles are ready for training, and cooled down after each session. | U | S | Very Low |  |  | Very Low |
|  | Friction burns can result from sliding on the mats | Participants |  | Mats are placed before each session to minimise risk of injury from falls. They are kept tight together to prevent gaps, and training is stopped when gaps appear, to ensure no twisted ankles or toes happen as a result of spaces between the mats. | L | S | Low |  |  | Low |
|  | Gaps between mats can mean twisted toes/ankles. | Participants |  | A first aid kid is always on hand during training sessions in the rare occasion a training member suffers injury.  Participants are kept away from the training area. They are not allowed on the mat during training, and no training is performed near the edge of the mat. This keeps the participants safe as well as reduces the risk of a club member falling off the mat during training.  Strict protocol is observed when entering and exiting the training area (the mats), meaning that no one enters or leaves the training area without the instructor knowing. This means the sensei can keep watch on everyone at all times, and ensures that only those who are capable of training safely are allowed on the mats. | VU | S | Very Low |  |  | Very Low |
|  | Bad falls could result in broken bones for the uki.  Wrong application of a joint-tension technique could result in a joint dislocation. | Participants |  | We have coaches who have competed on an international level and they teach participants techniques appropriate for our level. As such, participants start with techniques in a very slow and controlled environment which tries to minimise the risks associated. | U | M | Medium |  |  | Medium |
|  | Wrong application of other techniques could result in injuries from muscle strain to broken bones and dislocated joints. | Participants |  |  | VU | M | Low |  |  | Low |
|  | Driving to a from events could result in road crashes. This could result in any injury from light to very serious. | Participants |  | All minibus drivers are qualified to drive the minibus, and have the required driving experience. | VU | E | High |  |  | High |
|  | Bad falls could result in serious medical problems for the uki, for instance spinal injuries. | Participants |  |  | VU | E | High |  |  | High |
|  | Wrong application of joint techniques could result in torn muscles/ligaments, resulting in semi-permanent damage. | Participants |  |  | VU | E | High |  |  | High |
|  | A spectator could be injured by an uki being thrown too far, or over extending an attack. | Participants |  |  | VU | 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 |
| 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 |  |  |  |
| 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 |  |  | 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 |  |  |  |
|  | 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 |
|  | 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 training partners 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. | U | 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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