



Students Union Sports Club Risk Assessment Form

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

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	<p>Less than 1% chance of being experienced by an individual during their working lifetime</p> <p>A few people exposed to the risk occasionally</p>	<p>Typically experienced once during the working lifetime of an individual</p> <p>Some people exposed to the risk occasionally or</p> <p>A few people exposed some of the time</p>	<p>Typically experienced once every five years by an individual</p> <p>Many people exposed to the risk some of the time or</p> <p>Some people exposed most of the time</p>	<p>Typically experienced at least once every six months by an individual</p> <p>Many people exposed to the risk most of the time</p>

Adapted from: BS 18004:2008

Table 3:

Impact category	Slight (S)	Moderate (M)	Extreme (E)
Harm to health	Nuisance and irritation; temporary ill-health 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	<p>Warning letters from enforcement bodies or legal action unlikely.</p> <p>Claims unlikely</p> <p>Unlikely to be result in adverse press coverage</p> <p>Damage minor and causes no significant disruption</p> <p>Cost of rectifying low</p> <p>Little or no impact on staff morale</p> <p>RAE score unaffected</p>	<p>Improvement notice</p> <p>Prosecutions for minor offences leading to fines in magistrate's court.</p> <p>Civil claims for minor amounts</p> <p>Local press coverage</p> <p>Part of building lost or temporary disruption to work</p> <p>Significant costs needed to remedy</p> <p>Some impact on staff morale. Increased dissatisfaction, reduced cooperation and productivity</p> <p>RAE score threatened</p>	<p>Corporate manslaughter or high profile H&S prosecution – Crown court. High fines, imprisonment,</p> <p>High profile civil claim (e.g. stress) or large arising from major incidents.</p> <p>National press coverage</p> <p>Long term disruption to business. E.g. Whole building lost or activity prevented by damage, contamination or prohibition notice.</p> <p>Major cost impact to remedy</p> <p>Major impact on staff morale. Widespread discontent. Poor industrial relations. Tribunals and disputes. Failure to recruit and retain key staff.</p> <p>Impact on RAE score</p>



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	diving onto the ground			more important than the game.				technique		
	Players may collide with spectators	Participants and Spectators		Spectators are advised (and sometimes required) to stay back from the side-line of the pitch. Anyone within 2m of a side-line should be able to move quickly and maintain their attention on the game.	VU	S	VERY LOW			
	Unsafe behaviour or attitude will increase the likelihood of an injury.	Participants		Ultimate is a non-contact sport all players are made aware of the importance of taking care of opponents and the latest edition of the rules of Ultimate. Any reckless behaviour will be addressed and stopped.	U	S	VERY LOW	If reckless behaviour continues the offending player will be required to stop playing until they can behave in a more sensible manner.		VERY LOW
	Lack of appropriate first aid equipment and experience will increase the likelihood of a worse injury outcome.	Participants		Tournaments: required to have first aid provision on-site. Clubs: clubs are encouraged to ensure they have team-members with some first aid knowledge, a mobile phone available and/or use facilities that provide first-aid support.	U	S	VERY LOW			
	Poor safety awareness of participants could increase the likelihood of an injury.	Participants		Ultimate is a non-contact sport all players are made aware of the importance of taking care of opponents and the latest edition of the rules of Ultimate.	L	S	LOW	Any unsafe behaviour will be addressed and corrected.		VERY LOW
	Interference from passing members of the public may lead to injury of coach or player	Participants , spectators and public		All players are asked to remain aware of any member of the public in the vicinity.	VU	S	VERY LOW	Any interference/involve ment from the public is asked to be reported to the captain/coach and is dealt with in a calm manner ensuring it never presents a risk.		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	VU	E	High			High



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				driver will contact the SU directly.						
	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		Welfare officer to ensure at the start of training all equipment which is not being used is 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 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 -	Participants		Inform instructor of condition. Participant to opt out of any	L	S	Low			Low

