

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

	Severity of impact							
Likelihood	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)
	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
Typical occurrence	A few people exposed to the risk occasionally	Some people exposed to the	Many people exposed to	Many people exposed to the risk
		risk occasionally or A few people exposed some of the time	the risk some of the time or Some people exposed most of the time	most of the time

Adapted from: BS 18004:2008

Table 3:			
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 Prosecutions for minor offences leading to fines in magistrate's court.	Corporate manslaughter or high profile H&S prosecution – Crown court. High fines, imprisonment,
	Claims unlikely Unlikely to be result in adverse press coverage	Civil claims for minor amounts	High profile civil claim (e.g. stress) or large arising from major incidents.
		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



Sport: U	Itimate Frisbee		Location:					Reference number:				
Activity	Hazard	Hazardous event and expected consequence	expected		Existing controls	Assessment of risk			Additional Risk Controls		Residual Risk	
	Bad lighting	Lighting insufficient to clearly see other players or discs, clearly increasing risk of collision and injury.	Occupation Participants	Number 20	Play is stopped when dark.	Likelihood	Severity S	Risk Level LOW				
	Playing Area	People may trip in injure themselves on kit left lying around	Participants		Players are asked to tidy their kit away and to be sensible and take care in changing areas and around the pitches. The area is tidied before and after play.	L	S	LOW				
		Players may run into or fall onto, hard or sharp objects left on or close to the playing area, injuring themselves.	Participants		Before playing the playing area is scanned for hard or sharp objects left and the offending articles removed.	U	S	VERY LOW				
		Indoors: players may run into surrounding wall at speed	Participants		Always leave a sensible gap (approx. 1m) between playing area and surrounding walls.	L	M	HIGH	Make players aware of the danger of running into a wall; encourage players to warn team mates and opponents if they appear to be running too quickly towards a wall		LOW	
		Players may run into other players.	Participants		All players are made aware of the importance of taking care of opponents.	L	S	LOW	Players are required to remove any clothing that may harm another player, e.g. watches and jewellery		VERY LOW	
		Players may fall on pitch cones or be hit by a disc in motion	Participants		Cones used are made of soft plastic. Discs are made of soft plastic and are the approved official discs of the ultimate players association. Normally there is no need for other sports equipment	L	S	LOW				
		Players may sustain injury through tripping, falling or	Participants		Players are reminded that sport can be dangerous and that their safety and the safety of their opponents are	L	S	LOW	Players that start to dive are given basic advice about good		VERY LOW	



	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	Е	High		High



		St	udents Union Sports Club Risk As driver will contact the SU directly.	ssessment	Form			
	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	Е	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	М	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	М	Medium		Medium
	Participants carrying injuries -	Participants	Inform instructor of condition. Participant to opt out of any	L	S	Low		Low



	Exacerbation of	l Ì	exercises which may cause further	3033	l	1		1	
	injuries		injury						
	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

Assessors name	Signature	Date	Review period	Date of next review	Responsible manager	Position	Signature	Date
Colin Campbell	Claudell	30/07/18						