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| **Macintosh HD:Users:Ali:Downloads:tuoslogo_key_cmyk_hi.jpg** | **Macintosh HD:Users:Ali:Downloads:Sport Sheffield.jpg**  **University Of Sheffield**  **Student Sport Risk Assessment Form 2020-2021** |

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| **PERSONS AT RISK:** Student Members (x) Coaches ( ) Public (x)  Visitors ( ) Others (x) | | | | |
| **RISK (H) High (M) Medium (L) low (O) No Risk** | | | | |
| **TASK or ACTIVITY:**  **Training/Session ( ) Match day ( ) Event ( )**  **Other ( )** | | **INITIAL RISK LEVEL** | | |  | **FINAL RISK LEVEL** | | | |
| **Significant Hazard** | **Potential Consequences of Hazard** |  | | | **Existing Control Measures** |  | | | |
| **Roped Climbing and Bouldering (including Abseiling)** | | | | | | | | | |
| Falling rocks/debris | Injury to climbers and others below | 5 | 3 | 15(high) | Wear helmets; prior knowledge of state of crag; dynamic RA crag as climbing; appropriate communication; clear emergency procedure; 1st aid kit | 5 | 1 | 5(medium) | |
| Falling | Injury to climbers and others below | 5 | 3 | 15(high) | Appropriate route selection; assess competence before leading; club instruction in belaying & gear placement & rope work; wear helmet where appropriate; clear emergency procedures; carry 1st Aid | 5 | 2 | 10(medium) | |
| Equipment failure | Injury to climber and/or belayer | 5 | 3 | 15(high) | Instruction in use of & care of kit; regular inspection & replacement of club equipment; wear helmets; clear emergency procedures; carry 1st Aid | 5 | 1 | 5(low) | |
| Benightment/Exposure | Exposure, hypothermia, hyperthermia, depending on conditions | 5 | 3 | 15(high) | Appropriate route selection matched to competence; Appropriate equipment, food and clothing carried; knowledge of safe emergency descent techniques | 5 | 1 | 5(low) | |
| Cragfast climber | Risk of fall and subsequent injury to climber/belayer or benightment as above | 5 | 3 | 15(high) | Appropriate route selection matched to competence; knowledge of self rescue techniques on multi pitch climbs | 5 | 2 | 10(medium) | |
| Other people at crag | Falling debris/climbers injuring self or others | 5 | 3 | 15(high) | Wear helmets; knowledge of crag etiquette & sensible climbing behaviour; assess whether safer to move to less busy location; clear emergency procedures; 1st Aid carried | 4 | 1 | 4(low) | |
| Bouldering | Jump or fall results in injury | 5 | 3 | 15(high) | Instruction in spotting techniques; appropriate choice of problem; use bouldering mats | 5 | 2 | 10(medium) | |
| Slips, Trips and Falls at base of crag/while descending | Injury resulting from a fall | 4 | 2 | 6(low) | Climbing leaders to make other club climbers aware of potential hazards; appropriate footwear; clear emergency procedures; 1st aid carried | 4 | 1 | 4(low) | |
| **Walking, Running and Scrambling** | | | | | | | | | |
| Weather | Hypothermia, Hyperthermia & Exposure / Lightning strikes/ High winds delaying progress | 5 | 3 | 15(high) | Knowledge of weather forecast; knowledge of route & escape routes; appropriately experienced leaders; leaders carry appropriate clothing, equipment and food for leading group; participants to have appropriate equipment, supplies and fitness to participate; leaders advise anyone under-equipped not to take part in the activity; First Aid training of leaders; knowledge of emergency procedures; carry 1st Aid kit | 5 | 1 | | 5(low) |
| Nature of terrain | Slips, trips & falls | 5 | 3 | 15(high) | Participants made aware of equipment necessary; leaders advise anyone under-prepared not to take part; suitably experienced leaders; good group management; clear safety &emergency procedures; 1st aid carried | 5 | 1 | | 5(low) |
| Getting lost | Risk of benightment as below. Also of straying into steep precipitous terrain & resulting trips & falls | 5 | 3 | 15(high) | Suitably experienced walks leaders; appropriate emergency safety equipment carried; participants suitably equipped; appropriate use of ‘home contact’ | 5 | 1 | | 5(low) |
| Benightment | Exposure & hypothermia depending on conditions | 5 | 2 | 10(medium) | Experienced leaders; appropriate route selection for the group; appropriate safety equipment carried; appropriate use of ‘home contact’ & knowledge of call out procedures | 5 | 1 | | 5(low) |
| Falling rocks/debris | Injury to members of group and others below | 5 | 3 | 15(high) | Experienced Leaders & appropriate Group Management; wear helmets in appropriate terrain; knowledge of route; clear emergency procedures; carry 1st Aid | 5 | 1 | | 5(low) |
| Falling | Injury to group member/others | 5 | 2 | 10(medium) | Appropriate route selection; appropriate group management & protection techniques; wear helmets if terrain demands; clear emergency procedures; carry 1st Aid | 5 | 1 | | 5(low) |
| Other people on route | Falling debris or people/Involvement in an emergency situation leading to benightment & possible hypothermia | 5 | 3 | 15(high) | Appropriate Group Management; consider wearing helmets; instruction in awareness for leaders; assess whether it is necessary to move to another location; clear emergency procedures | 5 | 1 | | 5(low) |
| **Winter Walking** | | | | | | | | | |
| Avalanche | Burial | 5 | 3 | 15(high) | Experienced leaders; obtain avalanche report if possible; knowledge of avalanches, avoidance & search techniques; carry appropriate equipment; clear emergency procedures | 5 | 1 | | 5(low) |
| Falling Rock/debris | Injury to walkers and others below | 5 | 2 | 10(medium) | Good group leadership with experienced leaders; dynamic RAs as walking; prior knowledge of route; helmets if appropriate; choose alternative route | 5 | 1 | | 5(low) |
| Slips, Trips, Slides and Falls | Injuries sustained | 5 | 2 | 10(medium) | Good leadership; appropriate route for competence & fitness of group; clear emergency procedures; carry 1st aid & emergency equipment | 5 | 1 | | 5(low) |
| Weather | Hypothermia | 5 | 3 | 15(high) | All participants wear & carry appropriate equipment; suitable emergency equipment carried in group; knowledge of emergency winter procedures | 5 | 1 | | 5(low) |
| Getting lost | Hypothermia & straying into hazardous terrain | 5 | 3 | 15(high) | Good leadership from experienced leaders; appropriate route selection for group; as below for benightment & above for slips, slides & falls | 5 | 1 | | 5(low) |
| Benightment | Hypothermia | 5 | 2 | 10(medium) | Good leadership from experienced leaders; appropriate route selection for group; group appropriately equipped; emergency safety equipment carried; knowledge of winter bivi procedures; knowledge of weather forecast | 5 | 1 | | 5(low) |
| **Cooking/Preparing Food (on Weekends Away)** | | | | | | | | | |
| Food preparation: use of sharp knives | Cuts | 2 | 3 | 6(low) | Allocate enough space while using knives; use suitable utensils; suitable First Aid kit available | 1 | 2 | | 2(low) |
| Cooking | Burns | 2 | 4 | 8(medium) | Allocate enough space while cooking so as not to overcrowd the area; make people aware that saucepans and utensils could be hot; suitable First Aid kit available | 1 | 2 | | 2(low) |
| Use of gas stoves | Fire | 4 | 2 | 8(medium) | Use stoves in mess tent away from flammable materials; ensure mess tent is well ventilated; ensure gas is off when not in use | 4 | 1 | | 4(low) |
| Food hygiene | Food poisoning | 2 | 3 | 6(low) | Wash hands before preparing food; ensure surfaces are clean; use of separate plates and chopping boards for raw and ready-to-eat foods; ensure all raw foods are fully cooked | 2 | 1 | | 2(low) |

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| **Undertaken By:** Tom Drysdale – 2017 Chair |
| **Other Persons Consulted:**  Max Holliday - High Risk Safety Advisor |
| (**Revise Annually) Last Revised:** 26/04/2020  **by** David Frank– Club Chair |

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| **CONSEQUENCE OF OCCURRENCE**  **C** |  | **LIKELIHOOD OF OCCURRENCE**  **L** |  | **THE MATRIX** | | | | | |
|  | LIKELIHOOD  1 2 3 4 5  (V. Unlikely (Unlikely) (Possible) (Likely) (Probable) | | | | |
| **1**  **Negligible**  Trivial / no injury |  | **1**  **Very unlikely** |  | CONSEQUENCE  1  (Trivial /No injury) | 1 | 2 | 3 | 4 | 5 |
| **2**  **Minor**  1st aid needed but no hospital visit |  | **2**  **Unlikely** |  | 2  (Minor) | 2 | 4 | 6 | 8 | 10 |
| **3**  **Moderate**  Requires hospital visit or short hospitalisation |  | **3**  **Possible** |  | 3  (Moderate) | 3 | 6 | 9 | 12 | 15 |
| **4**  **Serious**  Serious injury, possibly life threatening |  | **4**  **Likely** |  | 4  (Serious) | 4 | 8 | 12 | 16 | 20 |
| **5**  **Major**  Single/multiple fatalities |  | **5**  **Probable** |  | 5  (Major) | 5 | 10 | 15 | 20 | 25 |

**MATRIX to determine your risk rating:**

**Overall Risk Rating:**

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| **6 or less** | **LOW** | **No further action required** |
| **8-12** | **MEDIUM** | **Add further controls or proceed with due caution with all controls in place** |
| **15 - 25** | **HIGH** | **Cease the activity until further controls in place or the environment, weather etc. changes** |