ATHLETICS & CROSS COUNTRY

RISK ASSESSMENT Type of Activity:

RUNNING, JUMPING AND THROWING

Completed by: Nathan Phillips

Department/College: Athletics

Date: 16/10/2019

Location: Swansea University Athletics Track, Sketty Lane, Swansea, SA2 8QB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It is possible to identify the level of risk by carrying out a simple calculation: (L) Likelihood/Frequency of Exposure X (C) Severity/Consequence =

**C**

**L**

X

4 – MAJOR – Permanent harm (Loss of body part(s), RIDDOR reportable injury)

5 – CATASTROHIC - Death

3 – MODERATE – Semi permanent injury (Injury taking up to 1 Yr. to resolve)

2 – MINOR – Short term harm or damage (Injury that will be resolved in 1 month)

1 – NONE – No injury or adverse outcome

**Consequence/Severity of outcome**

**Likelihood / Frequency of Occurrence**

5 – ALMOST CERTAIN – **Likely** to occur on many occasions

4 – LIKELY – Will **probably** recur but is not a persistent issue

3 – POSSIBLE – **May** recur occasionally

1 – RARE – **Can’t believe** this will ever happen again

2 – UNLIKELY – **Do not expect** it to happen but it is possible

Once the level of risk (R) has been identified (L x C = R). Action should be taken as soon as is reasonably practicable. However, the following may provide guidelines for determining the level of risk and the timescale y which action should be taken.

NO PRIORITY

12 MONTHS

IMMEDIATE

TIMESCALE

LOW

MEDIUM

HIGH

LEVEL OF RISK (R)

1-5

6-10

12-25

TOTAL

**25**

**20**

**20**

**16**

**15**

**10**

**12**

**5**

**8**

**4**

**15**

**12**

**10**

**9**

**8**

**6**

**3**

**6**

Consequence (C)

5 - CATASTROPHIC

4 - MAJOR

3 - MODERATE

**2**

**4**

**5**

**4**

**3**

**2**

**1**

5–ALMOST CERTAIN

4 - LIKELY

3 - POSSIBLE

2 - UNLIKELY

1 - RARE

2 - MINOR

1 - NONE

Likelihood (L)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Description of Risk** | **People at Risk** | **Risk Factor** | | | **Risk Reduction Measures** | **New Risk Factor** | | | **Comments** |
|  |  |  | L | C | R |  | L | C | R |  |
| 1 | Strains, Breaks, Tears, Pulls | Athletes | 3 | 6 | Medium | Careful warm up and injury prevention exercises | 2 | 4 | Medium |  |
| 2 | Trips and Falls | Athletes | 1 | 2 | Low |  | 1 | 2 | Low |  |
| 3 | Faulty Equipment | Athletes | 2 | 2 | Low | University staff check equipment regularly | 2 | 2 | Low |  |

Once the initial assessment is completed (first five out columns) and you have reached a Risk Factor you will then be able to colour code column 6 Red/Amber/Green this also provide a quick visual as to areas of Risk that need tackling.

After the initial assessment and Reduction Measures are put in place columns 7/8 are scored which will provide a Risk Score in column 8 which again can be colour coded.

\*\*This form has facility for 3 Risks to be assessed but can be increased or reduced as necessary\*\*