**LLishi Daoist Tai Chi**

Risk Assessment 2021/2022

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| **Society**  | **Lishi Daoist Tai Chi** | **Category** | Martial Arts  | **Contact Details** | maiju.keynas@gmail.comsabrinadshart@gmail.comfh18sdsh@leeds.ac.ukbilly@lishi.org |

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| **Core Members and Roles (Completing this risk assessment)**  | Sabrina Hart - SecretaryMarina Rupp - TreasurerMaiju Keynäs - President | **Date completed**  | 03/09/2021 |

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| **Society Description** | 'Lishi' is the family name of this Taoist Physical Spiritual Warrior Energy Practice. The arts taught at Leeds Uni by the International Taoist Society include Kung Fu, Tai Chi, Qi Gong, whole-body breathing and massage. They are playful, revitalising and exhilarating, making them ideally suited to younger people. |

**Community**

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| **Hazard**e.g. Lack of access for a disabled person | **How might someone be harmed?**e.g. Causes person injury | **Existing control measures**e.g. Have access arrangements in place | **Risk rating\*** | **Suggested additional measures**e.g. Modify activities where access arrangements are not possible | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Lack of communication of risk assessment to all members  | Causes injury in any situation where the member doesn’t know the correct procedure for the day to day runnings of the club and activities. | The risk assessment will be published to LUU Lishi Daoist Taichi societies university page and facebook by the end of this week. All members must buy memberships for the society so they will see the risk assessment, again members are drafted into the social media platforms to receive updates and important notices, this will be to ensure that they can access it whenever needed. | 2 | 2 | 4 | Hold a meeting specifically for members to read the risk assessment and emergency procedure. Get them to sign their attendance.Translation of risk assessment and emergency procedure into additional languages where required | 1 | 2 | 2 |
| Lack of communication of emergency procedure to all members (fire evacuation, point of contact) | Causes injury in an emergency situation where the member doesn’t know the correct procedure e.g. where the nearest fire escape is. | Read the fire procedures of all event spaces and guide members accordingly. Each room has a fire procedure board printed directly outside the room; we can consolidate it with the members if need be. | 2 | 3 | 6 | Demonstrate the emergency procedure for clarity Advise all members of the location of the agreed emergency assembly point and who will authorise a return to the site.  | 1 | 3 | 3 |
| Lack of safety and awareness of disabled members | Causes injury to a member due to the lack of access or where any of the activities are unsuitable. | All event spaces are accessible to people of all abilities. All instructors are aware of the members medical needs and so will tailor exercises to their abilities. | 2 | 3 | 6 | Plan all socials and events in a way that is not restrictive to disabilities. Modify activities, altering access arrangements where necessary/able to | 1 | 3 | 3 |
| Lack of awareness of overall health and wellbeing (illnesses, medical conditions, pre-existing injuries, contagious conditions) | Causes injury to participant/s, spread of an illness, an allergic reaction or could exacerbate an existing condition or pre- existing injury.  | New Members are required to report any medical conditions, allergies and injuries to the instructors so that the exercises may be changed if necessary  | 2 | 3 | 6 | Individuals should make coaches/instructors/committee members aware of any medical conditions, allergies or pre-existing injuries- committee members can remind participants during each session. Committee members should inform individuals that they are responsible for bringing any medicine or specific equipment they require to sessions e.g. inhaler, epipen, ankle supportCheck in with members prior to activities/training/events to ensure everyone is in a fit state to participate, mentally and physically. | 1 | 3 | 3 |
| Lack of safety and awareness procedures in place to protect members of the public | Causes members of the public to be injured from physical contact with members or equipment.  | Classes will be held away from the general public. In light of a public performance we will ask audience members to be situated at a safe viewing distance. | 1 | 2 | 2 |  |  |  |  |

**Planning & People**

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| **Does the society have first aid trained people?**  | **Y** | **N** | **Contact details if Y**  |  |

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| **Hazard**e.g. Unsafe behaviour from someone | **How might someone be harmed?**e.g. Someone is knocked down | **Existing control measures**e.g. De-escalation plans in place | **Risk rating\*** | **Suggested additional measures**e.g. Plans to remove someone from the situation | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Lack of appropriate first aid on or off campus | Incidents leading to death, serious, moderate or minor injury to society members and members of the public when prompt first aid is not given. | All instructors have had first aid training, there is always at least one instructor per class. All classes are situated in the union with easy access to first aid kits.  | 2 | 3 | 6 | Have awareness of nearest first aider/procedure on campusHave people in the society who are first aid trainedHave procedures in place if there is an incident requiring first aid off campusKnowing when to report to emergency services- immediately contact 999 if any major accidents or injuries occur.Reporting incidents to LUU as required | 1 | 3 | 3 |
| Unsafe behaviour or attitude of any person(s)e.g. member starts a fight, member not performing activity correctly, etc | Causes injury to a participant or member of the public where behaviour or attitude gets out of hand. | Instructors will intervene and separate unsafe practices from the class. | 2 | 3 | 6 | Any unsafe/dangerous behaviour should not be tolerated by the club and after one warning, any person exhibiting such will be ejected from the practice/meeting/eventAll members should be reminded of code of conduct and consequences of breaching these Have de-escalation plans in placeIf this becomes an issue either during training, at competitions or on a social, the offending club member should be asked to leave said activity. Depending on the severity of the incident, this may be followed by a meeting with someone from the LUUinstructors to monitor players behaviour and administer warnings when appropriate.  | 1 | 3 | 3 |
| Differing skill levels not accounted for within groupe.g. being paired with someone on a different skills level | Causes members to injure or over exert themselves due to being paired with someone of far greater/lesser ability.  | Instructors consistently monitor the skill level of each member and associate applicable exercises. | 2 | 2 | 4 | Get members to fill in a form detailing their previous playing history/years of experience etc. Put members into groups according to ability for training/matches/activities. Split classes/training into different ability levels, members will be placed in classes after an assessment of their ability by the advanced teachers. | 1 | 2 | 2 |
| Overcrowding or lack of crowd managementSpace not being big enough to allow space for amount of people in the meeting/activity | Too many people in one space causing crowding, collisions, lack of personal space, issues when it comes to an emergency and potentially unsociable behaviour. Potentially leading to injury and or death. | All spaces will be cleared before any activity. Registers and memberships inform the instructors of how many members will attend the classes. Bigger spaces will be booked for events where larger groups are present.  | 2 | 2 | 4 | Carry out a poll/sign up sheet to see how many people are planning on attending the event to ensure there are adequate facilities to accommodate everyone. If regular classes/meetings/training, cap the amount of people who can attend.Only sell a certain number of tickets to events which matches space capacity.Do not exceed room capacity | 1 | 2 | 2 |

**Socials, Meetings & Events**

**General procedures for society activity on and off campus**

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| **Hazard**e.g. Blocked emergency exit | **How might someone be harmed?**e.g. people can’t get out in the event of a fire | **Existing risk control measures**e.g. ensuring spaces are tidy | **Risk rating\*** | **Suggested additional measures**e.g. running regular fire drills | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Blocked exits | Attendees or members of the public are impeded or prevented exiting, resulting in injury or death in the event of an emergency.  | All spaces are cleared before activity, members are notified about emergency exits. | 2 | 3 | 6 | No crowds near exits Ensure training mats/other equipment don’t block the emergency exitsEnsure spaces are kept tidy  | 1 | 3 | 3 |
| Theft/loss of money/equipment | Financially harms society both short and long term. | No answer given | 3 | 2 | 6 | Don’t draw attention to cashStore money in a secure place only known by the core committeeUse the Cash Office safe when taking cash after hours then return to count and deposit money in the morningSell tickets online so as not to handle physical cash | 1 | 2 | 2 |
| Theft/loss of personal items | Causes loss of personal or society belongings.Causes mistrust between members. | No answer given | 3 | 2 | 6 | Use lockers if at training or an eventEnsure someone stays with bags if group move away from areaAsk members not to bring expensive items to eventsCheck location of items regularlyRemind members they are responsible for their belongings  | 1 | 2 | 2 |
| Separation from group | Cause a member to get lost leading to potential injury or mental distress. | No answer given | 3 | 2 | 6 | Ensure all members have given their contact details and have each other’s details in case of separation.Ensure that all members know the route plan for the particular event so they can head therePre-arrange a meet up point if a member gets separated | 1 | 2 | 2 |
| Unsuitable room for activities planned or a large number of people.Uneven, raised and unsecure surfacesInsufficient or unsuitable space (proximity of walls and ceilings, confined spaces)Lack of fire exits | Causes collisions between members of society and members of the public resulting in injury.Causes injury to participants from slips, trips and falls.Lack of fire exits resulting in collision, stempeding, serious injury or death in case of an evacuation. | All spaces are cleared before activity, members are notified about emergency exits. | 2 | 2 | 4 | Ensure surfaces are even and secureEnsure space is suitable for the amount of people - do not exceed advised room capacity. Keep the space tidy Ensure there are suitable fire escapes / extinguishers / room-specific procedures in case of emergency | 1 | 2 | 2 |
| Placement of equipment and untidiness | Causes participants or members of the public injury from slips, trips and falls. | Equipment is stored away from activity. Floors are checked and cleared before classes. Members help place/remove equipment to reduce risk of injury. | 2 | 2 | 4 | Ensure any mats used aren’t a slip hazard - either with the member slipping or the mat sliding on the floor.Ensure equipment is tidy and organised to reduce a trip/collision hazard Ensure equipment is not stacked in a hazardous way (e.g. stacked too high, could fall on someone) at the end of the session | 1 | 2 | 2 |
| Uncomfortable room where the activity or event is held  | Causing injury to society members from inappropriate lighting (causing fall/collision injury) or overheating. | All rooms have easily accessible toilets and water fountains. The studios have sufficient lighting, ventilation and heating. | 1 | 2 | 2 |  |  |  |  |

**During Socials, Meetings & Events**

**N.B Alcohol should not be consumed at meetings and where possible LUU encourages alcohol free events.**

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| **Hazard**e.g. Wet floor | **How might someone be harmed?**e.g. Slipping on a wet floor and falling down | **Existing risk control measures**e.g. Routinely checking floors | **Risk rating\*** | **Suggested additional measures**e.g. Communicating hazard to members | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Slip / trip / fall hazardse.g. wet floor, objects in the way | Causes injury (bruises, cuts, sprains, abrasions, broken bones) by someone tripping over something or slipping on a wet floor. | No answer given | 3 | 3 | 9 | Routinely checking floors Committee members should alert all members of any hazards immediately Remove all obstacles which could be a trip hazardHave a ‘wet floor’ sign accessible and used where neededNotify venue staff of any spillages/other hazards | 1 | 3 | 3 |
| Influence of alcohol | Alcohol affecting/impeding judgement leading to physical injury or abusive behaviour to self or others. | Our society does not promote alcohol consumption in any manner | 3 | 3 | 9 | Have alcohol-free eventsCommunication of code of conductThere could be at least one sober committee member at events to keep an eye on everyone and look after someone where neededEnsure all members share emergency contact details prior to the eventBe willing to cut people off or talk to a member of staff at the event about putting measures in place for someone who has drunk too much, e.g. staff not serving them anymore | 1 | 3 | 3 |
| Excessive alcohol consumption, alcohol poisoning and associated illnesses  | Over intoxication could lead to or cause serious injury or death to members of society or the public. | No answer given | 3 | 3 | 9 | Same as aboveBe willing to cut people off or talk to a member of staff at the event about putting measures in place for someone who has drunk too much, e.g. staff not serving them anymoreReport issues to event/venue staff (e.g. bouncers)Knowing when to report to emergency services | 1 | 3 | 3 |
| Drink spiking | Cause unusual behaviour/loss of consciousness, serious health issues, physical/mental abuse or death. | No answer given | 3 | 3 | 9 | Make sure that attendees are aware of the risk and advise them on how to make themselves less likely to be a victim of spiking e.g. by covering drinksDon’t take drinks from the bar left unattendedBuy own drinks | 1 | 3 | 3 |
| Abuse/violence (verbal, physical, sexual) | Causes serious injury or death to someone when verbally, physically or sexually assaulted. Causes short or long term mental health issues.  | No answer given | 3 | 3 | 9 | Stay with members of the club, keep each other safeAvoid any verbal or physical confrontation when out (no offence caused to others)Ensure members are aware of standards of behaviour and potential consequences if they do not adhere to them e.g. removal from activity/playing ban/exclusion of clubReporting issues to event/venue staff (e.g. security)Know when to report to emergency servicesReport any incidents to the LUU | 1 | 3 | 3 |
| Lack of safety measures in place for vulnerable groups (disabilities/medical conditions)  | Causes someone who is disabled or has medical conditions, mental or physical harm due to lack of provisions made for them. | No answer given | 3 | 3 | 9 | Talk to the member in question about their specific needs before every activity/eventEnsure all venues and transportation that you visit/ use have appropriate wheelchair/ disabled access, as well as appropriate toilet facilities.Ensure no one is separated from the group | 1 | 3 | 3 |
| Strobe lighting | Causes a member illness or an epileptic fit, this could also lead to secondary injuries e.g falls or head injuries. | No answer given | 3 | 3 | 9 | Make sure that it is known before the event of the presence of strobe lightingCheck whether any member has a medical condition such as epilepsy. | 1 | 3 | 3 |
| Excessive noise/loud music at socials | Causes both short and long term damage to hearing. | No answer given | 3 | 2 | 6 | Make sure that it is known beforehand that there will be loud music,Check in with members regularly to see how they are feeling throughout events | 1 | 2 | 2 |
| Inappropriate behaviour/offence caused to others | Result in a physical fight leading to injury, death or mental anguish. | No answer given | 3 | 3 | 9 | Ensure members are aware of standards of behaviour and potential consequences if they do not adhere to them e.g. removal from activity/playing ban/exclusion from the clubPlan events carefully to avoid offence being caused.If necessary, remove the member from an event to calm the situation. | 1 | 3 | 3 |
| Adverse weather when partaking in outdoor activities  | Causes any of the associated illnesses (such as sunburn, heat stroke, dehydration or hypothermia) or injuries (such as falls, slips and trips).  | No answer given | 3 | 2 | 6 | Ensure regular breaksHave access to drinking water at all timesAsk members to make the committee aware of any sensitivitiesIf weather is hot, precautions taken e.g. stay dehydrated, sun cream used. If cold/wet, have access to shelter, warmer clothing | 1 | 2 | 2 |

**Transport and Movement**

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| **Hazard**e.g. Separated from group | **How might someone be harmed?**e.g. Become lost and come to harm | **Existing risk control measures**e.g. Emergency contact details saved | **Risk rating\*** | **Suggested additional measures**e.g. All members being aware of route plan | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Transport cancelled or breaks down to or from social event | Causing a member to get lost in an unknown place and come to harm.Causes an issue in getting to an event and/or being stuck in an unknown place.  | No answer given | 3 | 2 | 6 | Ensure transport is booked well in advance with a reputable company and that good relationships are maintained with the external companies used.Prepare for this - have train times, public transport and vehicle recovery numbers written down Make sure all members are able to be contacted and have relevant member contact detailsArrange a meet up point in case of separationEnsure any accessibility requirements are met before the dayEnsure all members know the way to each event’s location prior to the day of the event | 1 | 2 | 2 |
| Night time navigation | Causes members to get lost resulting in slip, trips, falls or an unseen hazard. | No answer given | 3 | 2 | 6 | Same as aboveTravel on well lit routes with adequate street lighting Not travelling alone to events or having means to contact a member of committee on the journey | 1 | 2 | 2 |
| Unsuitable transport to and from activity | Causing member/s to get lost resulting in mental distress.Severe or minor injury occurs due to unsafe transportation of society members | The classes are situated in the day at the union which has strong links to local transport, security and other transport links (LUU Nightbus). | 2 | 2 | 4 | Ensure transport is booked well in advance with a reputable company and that good relationships are maintained with the external companies used.Prepare for this - have train times, public transport and vehicle recovery numbers written down Make sure all members are able to be contacted and have relevant member contact detailsArrange a meet up point in case of separationEnsure any accessibility requirements are met before the dayEnsure all members know the way to each event’s location prior to the day of the event | 1 | 2 | 2 |
| Society members driving to events/meetings/training/competitions, etc | Inexperienced driver causing a crashPoorly maintained carDistractions causing a driver to crash | No answer given | 3 | 3 | 9 | Drivers must be a registered driver with the LUU whether they are driving their own car or hiring a vehicle (students must have filled in the Authorised Driver Form)Member should respect the driver and not distract them or behave inappropriatelyFollow LUU guidance on report/logging accidentsKnowing when to report to emergency services - immediately contact 999 if any major incidents or injuries occur | 1 | 3 | 3 |
| Separation from group/losing contact  | Individual/s becoming lost causing physical harm or emotional distress. | Emergency contact details will be used to find any lost member.  | 2 | 2 | 4 | Ensure all members have the relevant contacts if lost/separated from the group | 1 | 2 | 2 |

**Society Activity Hazards (Regular and Physical Activities)**

**Ensuring health and well-being during training, rehearsals, performances and competitions**

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| **Hazard**e.g. Contact sport | **How might someone be harmed?**e.g. Breaking a bone due to contact in sport | **Existing risk control measures**e.g. Knowing emergency contact details  | **Risk rating\*** | **Suggested additional measures**e.g. Ensuring competence and skills of members | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Slips, trips, falls on an outside space due to objects in the way, slippy ground, etc | Causing physical harm to a member resulting in broken falls, trips or slips leading to muscle damage, bone damage or death. | All spaces are cleared before activity, emptying the activity space | 2 | 3 | 6 | Keep the space tidy- kit bag and personal belonging in lockers or changing rooms where possible. Routinely check floors and uneven surfaces.Make members aware of any hazardsCheck and clean mats throughout sessions if they become a hazard (due to any wetness on the mat, rips, or other wear)Ensure mats aren’t a slip hazard - either with the member slipping or the mat sliding on the floor. | 1 | 3 | 3 |
| Contact injury (with objects or people) | Causing members to collide with one another/objects resulting in direct injury such as concussion, abrasions, bruises, sprains or fractures.  | Members are warned of possible collisions and are advised to stand at a safe distance from activity.All members begin classes with warm-up exercises which reduces the risk of injuring during training. There is careful supervision during contact exercises. Instructors demo the exercises so that all participants are aware of how to carry out the activity. | 2 | 3 | 6 | Members should be told how to reach the nearest first aider. Ensuring that all players are aware of the rules in regard to contactEnsure all members are reminded of the code of conductEnsure club has emergency contact details of all membersAccidents should be cordoned off and crowds will be asked to move away.Account taken for skills and competence of members before they participate in training against each otherMembers who are overly aggressive towards other members or are not aware of the rules will not take part. If a conflict does arise, it will either be sorted immediately, or the involved members will stop taking part. Be aware of surrounding space, people and mirrors when conducting training - ensure there is enough space in the room | 1 | 3 | 3 |
| Over-exertion, tiredness, cramp when participating in activities | Members jewelry ripped out during a session causing harm to self.Caused harm to self and/or others through puncturing from sharp objects. | Instructors notify new students of exertion levels that will be encountered and provide appropriate recovery periods. | 2 | 2 | 4 | Ensure players/members get adequate rest if they feel they are overtraining/tiredAllow for regular scheduled breaksAlways ensure access to water Members should make the committee aware of any sensitivities. | 1 | 2 | 2 |
| Jewellery and piercings | Causes harm to member/s when over-exerting themselves leading to direct physical injury or or poor judgement being used resulting in falls, trips, slips or collisions.  | Jewellery should be removed, if it cannot be removed jewellery should be taped over. | 1 | 2 | 2 |  |  |  |  |
| Adverse weather | Members jewelry ripped out during a session causing harm to self.Caused harm to self and/or others through puncturing from sharp objects. | Instructors advise members to be sufficiently hydrated prior and post training. | 2 | 2 | 4 | Ensure regular breaksHave access to drinking water at all timesIf weather is hot, precautions taken e.g. stay dehydrated, sun cream used If cold/wet, have access to shelter, warmer clothingBe willing to pause the event and make the appropriate decisions as to whether the activity can continue.Awareness of member sensitivities | 1 | 2 | 2 |
| Lack of training environment precautions  | Unsafe area to conduct activity | All training occurs inside the Union which is easily accessed. | 2 | 2 | 4 | Be aware of new training environments, always check before training | 1 | 2 | 2 |
| Night time training | Inadequate lighting leading to more collisions with unseen people/objects | No training is facilitated during evening hours.  |  |  |  | N/A |  |  |  |

**Playing environment conditions**

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| **Hazard**e.g. Astroturf | **How might someone be harmed?**e.g. Sliding and falling down | **Existing risk control measures**e.g. Communicating risk to team | **Risk rating\*** | **Suggested additional measures**e.g. Pitch checking procedure in place | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Unsuitable playing surfaces | Causes trips, slips or falls resulting in associated injuries such as sprains, cuts or broken bones. | No answer given | 2 | 2 | 4 | Check and clean mats throughout sessions if they become a hazard (due to any wetness on the mat, gaps between them, rips, or other wear)Ensure mats aren’t a slip hazard - either with the member slipping or the mat sliding on the floor. | 1 | 2 | 2 |
| Astroturf or tarmac | N/A | N/A |  |  |  | N/A |  |  |  |

**Coaching**

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| **Hazard**e.g. Unsupervised training | **How might someone be harmed?**e.g. Unregulated activity leading to injury | **Existing risk control measures**e.g. Have a training back-up plan in place | **Risk rating\*** | **Suggested additional measures**e.g. Communicating risk of unsupervised training to team | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Inappropriate coaching activity (level of coaching to ability of members) | Causing over-exertion or injury etc to participant/s when the level of coaching is inadequate or too advanced for individual/s. | We will continue to ensure all instructors match the necessary requirements and that they are the appropriate level for instructing.  | 2 | 2 | 4 | Assessment of member level skill / technique appropriate to coaching / training - making sure the coaching level is equivalent to the skill level, this must be identified by the coach and then acted uponPerform regular assessments/training sessions to test skill to ensure coaching level is appropriate to the skill level | 1 | 2 | 2 |
| Coach unavailable / unsupervised training | Unsupervised training causes individuals to harm themselves or others leading to minor or serious injury. | There will continue to be an instructor available for every session. If no instructor is available classes will be cancelled. | 1 | 2 | 2 |  |  |  |  |
| Inappropriate space for training | Lack of space causing collisions with objects or individuals. | All spaces have been booked in advance to ensure a consistent appropriate training space. | 2 | 2 | 4 | Check any new training spaces prior to booking the space and/or be aware of the cancellation procedure | 1 | 2 | 2 |

**Procedures**

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| **Hazard**e.g. Getting separated from the group | **How might someone be harmed?**e.g. Panicking/getting lost | **Existing risk control measures**e.g. Clear route communication guidelines | **Risk rating\*** | **Suggested additional measures**e.g. Contact details distributed to members | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Lack of away fixture safety and emergency procedure | Lack of knowledge of away venues safety or emergency procedures causing minor or severe injury or death.  | Any Instructor or facilitating member is able to communicate emergency procedures. | 2 | 2 | 4 | Have an away fixture safety and emergency procedure in place which members are instructed on | 1 | 2 | 2 |
| Failure to report an accident | Reputational damage to individual/s, society or LUU. | All accidents will be reported to the instructors available. | 2 | 3 | 6 | All incidents and near misses must be reported - complete form and submit to the Activities Team | 1 | 3 | 3 |

**Equipment**

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| **Hazard**e.g. Damaged equipment | **How might someone be harmed?**e.g. Equipment breaking and harming the user/someone in the vicinity | **Existing risk control measures**e.g. Fixing of equipment procedure | **Risk rating\*** | **Suggested additional measures**e.g. Regular equipment assessments | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Equipment unsafely set up/packed away/transported | Causing a manual handling injury to an individualEquipment falling on an individual causing serious or minor injury.  | We currently have no equipment. | 3 | 2 | 6 | Committee arrive early to set up mats and stay after the event to ensure it is tidied away correctlyHave manual handling training of mats where necessary to reduce injuryEnsure training for mat moving techniques is given for beginnersAll mat setup should be checked properly prior to useBefore finishing any training session, mats should be checked to ensure they are packed away safelyBefore mats are used, there should be checks to ensure they are secure | 1 | 2 | 2 |
| Unsuitable equipment, kit or attire for the activity | Injury caused by ill-fitting kit getting caught on something/someone. Equipment not supporting the activity leading to cuts, bruises, sprains or broken bones. | No answer given | 3 | 2 | 6 | Check for any wear and tear of the mats before use - do not use where unsuitable and likely to cause injuryEnsure all kit is the correct size and having extras where neededEnsure there are enough mats to cover full space, and for the amount of members taking part at one time | 1 | 2 | 2 |
| Damaged equipment | Causing injury to participant/s due to slips, trips or falls leading to cuts, abrasions, sprains or broken bones. | No answer given | 3 | 3 | 9 | Equipment will be removed, not used and replaced. | 1 | 3 | 3 |
| Handling heavy equipment/equipment with moving parts | Causing serious or minor injury resulting bring unable to move heavy/moving equipment | No answer given | 3 | 2 | 6 | No member to carry any item or load beyond their capabilities/comfort levelWith heavy equipment and equipment with moving parts, ensure that manual handling instructions are given, only those with experience handle the equipment, and use teamwork where possible. | 1 | 2 | 2 |
| Inadequate protective equipment | Causing serious or minor injury resulting from slips, trips, falls or collisions.  | No answer given | 2 | 2 | 4 | Suitability of equipment, kit and attire for the activity - assessment of the protective equipment and ensuring they are all safe for use before using. | 1 | 2 | 2 |
| Unsuitable clothing and shoes/socks | Causes injury when one member is wearing shoes and another is notSlipping with socks onUnsuitable clothing leading to overheating/getting caught  | No answer given | 3 | 2 | 6 | Wear appropriate sports clothing and remove shoes and socks.Committee members to keep an eye on this and recommend suitable attire | 1 | 2 | 2 |

**The Environment**

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| **Hazard**e.g. Diminishing quality of a pathway | **How might someone be harmed?**e.g. Damages local area (plant and animal life) | **Existing risk control measures**e.g. Re-route pathways regularly to allow re-growth | **Risk rating\*** | **Suggested additional measures** | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
| Unsustainable travel | Causing damage to the environment due to large amounts of pollution.  | No events require for members to travel any more than necessary than to usual classes. | 1 | 2 | 2 |  |  |  |  |
| Rubbish, waste and litter | Causing damage to the venue or environment. Causes a trip hazard resulting in injury. Damage to club or LUUs reputation.  | All tea used after class is composted or placed in the food waste bins of the union, additionally reusable cups have been bought. | 2 | 2 | 4 | Limit rubbish, waste and litter from your activity Ensure that all litter is cleaned by members at the end of the sessionHave a bin bag which people can put litter in | 1 | 2 | 2 |
| Damage to the environment | Damage to the venue resulting in anyone being able to use it for future activities. Causing hazards due to damaging of venues which results in injury. | All activities have a neutral carbon footprint. | 2 | 2 | 4 | Use reusable equipment as much as possible to reduce wastage.Recycle where possible | 1 | 2 | 2 |

**Additional risks**

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| **Hazard** | **How might someone be harmed?** | **Existing risk control measures** | **Risk rating\*** | **Suggested additional measures** | **New risk rating\*** |
| **L** | **C** | **R** | **L** | **C** | **R** |
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| **Society signatures:** |
| **President** | Maiju Keynas | **Date** | 03/09/2021 |
| **Secretary** | Sabrina Hart | **Date** | 03/09/2021 |
| **Treasurer** | Marina Rupp | **Date** | 03/09/2021 |