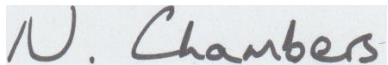


RISK ASSESSMENT FORM – Students’ Union

Activity: (Describe the activity: What is happening)	Boxing. Each training session will begin with a warm-up activity (such as skipping or light pad work with bodyweight exercises). The main portion of the session will include activities include pad work in pairs (one person wearing boxing gloves punching pads worn by the other person), fitness drills and sparring. Sessions will be fitness based on Tuesdays and sparring based on Thursdays. Each session will also end with a cool down which involves stretching exercises.		
Location(s):	Temple Hall		
Who may be exposed:			
Responsible Person:			
Assessors name:	Nathan Chambers	Committee position:	Health and Safety
Assessors signature:		Date of assessment	
Related Documents:		Review date:	
		Review date:	
		Review date:	

Get to Green! Look at the activity and identify the risks. Then put in place all the things that will make that activity safe. Once you’ve done that, the risk will be low! You’ll **Get to Green!** If there is a control measure that is not done just yet (maybe some training), highlight it in Bold and then put in in the action plan at the end with a target completion date. If your risk assessment is suitable and sufficient, then just review it yearly and fill in the dates. If you need any advice, contact YSJU Health and Safety Adviser.

Impact/severity	High	M	M	H
	Med	L	M	M
	Low	L	L	L
		Low	Med	High
	Likelihood			

Risk Matrix: The risk matrix to be used is a simple 3x3 with only one red area. This simplistic ‘traffic light’ approach incorporates the likelihood and severity criteria rated as Low (L), Medium (M) or High (H). Risk assessors need only ask two questions to ensure the risk is graded correctly:

- What are the chances of this happening? (Likelihood)**
- And if it did happen, what is the worse that could happen? (Severity)**

Always consider who this may affect (Staff, visitors, general public etc).

A full detail explanation can be found at the end of this risk assessment.

No.	Hazard	Control measures	Risk Level	Additional control measures required	Risk Level	Date control completed
01.	All boxing equipment supplied by YSJ Boxing need to be fit for purpose	<ul style="list-style-type: none"> All equipment found to be unsafe to use is replaced as soon as possible. 	Medium	<ul style="list-style-type: none"> Equipment could be checked more regularly (e.g. at the start of each month) and replaced when necessary. 	Low	
02.	All persons who wish to spar need the necessary equipment (16. oz gloves, mouthguards, and possibly headguards).	<ul style="list-style-type: none"> Some 16. oz gloves and headguards owned by the club are available to use. Anyone without a mouthguard will not be allowed to engage in full-contact sparring. In the case of an individual requiring first aid, campus security are the main first aiders located near the venue. 	Medium	<ul style="list-style-type: none"> 	Low	
03.	People may become overheated due to engaging in high-intensity exercise.	<ul style="list-style-type: none"> Some external doors (i.e. fire exits) are opened during training sessions to allow for sufficient ventilation of the hall. People can go outside for air when needed. People can refill water bottles at nearby taps whenever they need to. 	Medium	<ul style="list-style-type: none"> All external doors should be opened before each training session begins and left open throughout the duration of the session. 	Low	
04.	People need enough space in which to spar to prevent sparring pairs getting in the way of others.	<ul style="list-style-type: none"> If it is clear too many pairs wish to spar at once, some pairs will sit down and await their turn to spar. 	Medium	<ul style="list-style-type: none"> A space-appropriate number of pairs will be allowed to spar at once, with all who wish to spar taking turns when sparring. 	Low	

No.	Hazard	Control measures	Risk Level	Additional control measures required	Risk Level	Date control completed
05.	People may get hurt due to the lack of space (e.g. pairs may have insufficient space for pad work, or people may be too close together when skipping).	<ul style="list-style-type: none"> Members spread out as much as possible to reduce the likelihood of such events occurring. 	Medium	<ul style="list-style-type: none"> If campus security agrees, they should move the chairs in Temple Hall back in order to ensure enough space for everyone present at training sessions. Alternatively, if it is an easy enough task, we may be shown how to move the seating back, with the expectation that we leave the seats out again at the end of each session. Otherwise, an alternative venue may need to be arranged with the SU which could accommodate the club's training sessions. 	Low	
06.	People may be injured during training sessions, e.g. during sparring.	<ul style="list-style-type: none"> In the case of an individual requiring first aid, campus security will be contacted as they are the main first aiders on campus. Individuals also need to complete a medical form before they will be allowed to spar. Each training session will begin with a warm-up and end with a cool down with the aim of preventing injury. Sparring will be overseen by various members of the club, namely the club captain to reduce the risk of incidents. 	Medium		Low	

No.	Hazard	Control measures	Risk Level	Additional control measures required	Risk Level	Date control completed
07.	The floor space needs to be kept clear and clean for use.	<ul style="list-style-type: none"> The venue will be inspected before training commences to ensure there is nothing left on the floor that could be tripped over or slipped on. Anything such as water, sweat and blood which may be on the floor needs to be cleaned up after training sessions. Any materials used for cleaning will be disposed of in the appropriate way. All bags and equipment should be placed out of the way (i.e. along the outer walls of the room) so as to avoid accidents during training. 				
08.	Lighting in the venue should be adequate before any activity commences.	<ul style="list-style-type: none"> As artificial lighting will be used, the lights will be tested and put on before any activity commences at the start of each training session. If the lighting was found to be inadequate (e.g. if lights were not working), campus security would be contacted to rectify the issue. 				

RISK ASSESSMENT ACTION PLAN

This action plan identifies the control measures to be implemented in order to reduce identified risks to the lowest acceptable risk level.

Note: immediate action must be taken to address any identified net red risk

Other categories of net risk (amber and green) should be completed within the agreed time period (from the report date) specified providing it is reasonably practicable.

Hazard	Further actions / Control measures (as identified from the risk assessment)	Responsible Person/s	Target Completion Date
All boxing equipment supplied by YSJ Boxing need to be fit for purpose	<ul style="list-style-type: none"> • All equipment found to be unsafe to use is replaced as soon as possible. • Equipment could be checked more regularly (e.g. at the start of each month) and replaced when necessary. 		
All persons who wish to spar need the necessary equipment (16. oz gloves, mouthguards, and possibly headguards).	<ul style="list-style-type: none"> • Some 16. oz gloves and headguards owned by the club are available to use. • Anyone without a mouthguard will not be allowed to engage in full-contact sparring. 		
People may become overheated due to engaging in high-intensity exercise.	<ul style="list-style-type: none"> • Some external doors (i.e. fire exits) are opened during training sessions to allow for sufficient ventilation of the hall. • People can go outside for air when needed. • People can refill water bottles at nearby taps whenever they need to. • All external doors should be opened before each training session begins and left open throughout the duration of the session. 		

<p>People need enough space in which to spar to prevent sparring pairs getting in the way of others.</p>	<ul style="list-style-type: none"> • If it is clear too many pairs wish to spar at once, some pairs will sit down and await their turn to spar. • A space-appropriate number of pairs will be allowed to spar at once, with all who wish to spar taking turns when sparring. 		
<p>People may get hurt due to the lack of space (e.g. pairs may have insufficient space for pad work, or people may be too close together when skipping).</p>	<ul style="list-style-type: none"> • Members spread out as much as possible to reduce the likelihood of such events occurring. • If campus security agrees, they should move the chairs in Temple Hall back in order to ensure enough space for everyone present at training sessions. • Alternatively, if it is an easy enough task, we may be shown how to move the seating back, with the expectation that we leave the seats out again at the end of each session. • Otherwise, an alternative venue may need to be arranged with the SU which could accommodate the club's training sessions. 		
<p>People may be injured during training sessions, e.g. during sparring.</p>	<ul style="list-style-type: none"> • In the case of an individual requiring first aid, campus security will be contacted as they are the main first aiders on campus. • Individuals also need to complete a medical form before they will be allowed to spar. • Each training session will begin with a warm-up and end with a cool down with the aim of preventing injury. <p>Sparring will be overseen by various members of the club, namely the club captain to reduce the risk of incidents.</p>		
<p>The floor space needs to be kept clear and clean for use.</p>	<ul style="list-style-type: none"> • The venue will be inspected before training commences to ensure there is nothing left on the floor that could be tripped over or slipped on. • Anything such as water, sweat and blood which may be on the floor needs to be cleaned up after training sessions. • Any materials used for cleaning will be disposed of in the appropriate way. • All bags and equipment should be placed out of the way (i.e. along the outer walls of the room) so as to avoid accidents during training. 		
<p>Lighting in the venue should be adequate before any activity commences.</p>	<ul style="list-style-type: none"> • As artificial lighting will be used, the lights will be tested and put on before any activity commences at the start of each training session. • If the lighting was found to be inadequate (e.g. if lights were not working), campus security would be contacted to rectify the issue. 		

CRITERIA FOR LIKELIHOOD AND IMPACT/SEVERITY

Likelihood

To determine "likelihood" you should consider previous accidents, frequency of the activity and the knowledge and experience of people involved.

Description	Example Detail
High	Extremely likely e.g. previous incidents recorded in the past month or if hazard is likely to occur imminently or in a very short term. (Hazard exists permanently, a hazardous event occurs daily or throughout the day).
Medium	Most Likely e.g. previous incidents recorded in the past 6 months or if hazard is likely to occur in time. (Hazard occurs intermittently, or hazardous event occurs occasionally throughout week/month)
Low	Likely e.g. previous incidents recorded in the past year or if hazard may occur in time. (Hazard exists very infrequently, or hazardous event occurs monthly or less frequently.)

Impact / Severity

To establish the severity of the "impact" you need to consider how seriously someone could be injured by the hazard. You should also consider damage to property and equipment, disruption to service and compliance with legislation.

Description	Example Detail
High	Extremely harmful e.g. Death, life threatening illness/injury, amputations, major fractures, multiple injuries, long term incapacity, long term staff sickness, serious service failure impacting on vulnerable groups, major fire.
Medium	Harmful e.g. 3-day injuries, hospital admission, work related upper limb disorder, dermatitis, burns, lacerations, concussion, property damage, service failure impacts on property or non-vulnerable groups.
Low	Could be harmful e.g. superficial injuries, minor cuts and bruises, temporary irritation, less than 3-day staff absence.

Net Risk	Action and Timescale
Low	No further preventive action is necessary, but consideration should be given to solutions or improvements that impose no additional cost burden. Monitoring is required to ensure controls/precautions remain effective and review annually or sooner if there are changes.
Medium	Action should be taken within 6 months to reduce the risk as low as is reasonably practicable. A consideration of costs versus effectiveness should be considered. Where an amber risk is associated with a harmful impact/severity further risk assessment may be necessary to establish more precisely the likelihood of harm as a basis for determining the need for improved control measures.
High	Action must be taken immediately/as soon as possible. Work should stop or not commence until adequate control measures have been implemented. While the control measures should be cost-effective, there may legally be an absolute duty to reduce the risk. This means that if it is not possible to reduce the risk, even with unlimited resources, then work must remain prohibited.