

CHEERLEADING RISK ASSESSMENT FORM – Students’ Union

Activity: (Describe the activity: What is happening)	Cheerleading: Stunting, tumbling (gymnastic skills), jumping and dancing Pom: Dancing, including jumps		
Location(s):	Haxby Road Sports hall		
Who may be exposed:	Students		
Responsible Person:	Alex Smith (captain), Georgia Martin (Health and Safety sec), Megan Whittles (head coach)		
Assessors name:	Alex Smith	Committee position:	Club Captain
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	<p>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:</p> <ul style="list-style-type: none"> What are the chances of this happening? (Likelihood) And if it did happen, what is the worse that could happen? (Severity) <p>Always consider who this may affect (Staff, visitors, general public etc).</p> <p>A full detail explanation can be found at the end of this risk assessment.</p>
	Med	L	M	M	
	Low	L	L	L	
		Low	Med	High	
	Likelihood				

No.	Hazard	Control measures	Risk Level	Date control completed
01.	Unsuitable flooring e.g. uneven or slippery or hazard on floor	<ul style="list-style-type: none"> • Captain/health and safety sec will check the state of the flooring for damages before the activity starts. • All hazards moved from training area e.g. water bottles before any stunting/tumbling/dancing/jumping 	Low	
	Injuries caused by falls	<ul style="list-style-type: none"> • Mats will be used always for any cheerleading activities (not the pom team) when possible • Stunts performed will be stunts that members are confident in performing on a harder surface • Mats will be used in appropriate manner with the captain checking specifically for the mats to be pushed together when they move to prevent gaps. 	Low	
	Poor instruction leading to unsafe practice	<ul style="list-style-type: none"> • No student will be allowed to stunt or tumble until the captain or health and safety sec is confident they have had correct and full instruction • Student will be suspended from the sport who does not follow procedures or behaving in manner that will put themselves or others at risks 	low	
	Falls from a height	<ul style="list-style-type: none"> • Correct fall and catch techniques will be taught and understanding checked before students can participate in stunts • Spotters will be put in place when trying new stunts to help catch the slyer and decrease the risk of injury 	Medium	
	Inadequate number of bases and backs leadings to inadequate catching	<ul style="list-style-type: none"> • All stunts will have at least two bases and one back for group stunts <ul style="list-style-type: none"> • Spotters will be present when needed 	Medium	
	Jewellery/long false nails causing injury to wearer	<ul style="list-style-type: none"> • All jewellery is to be removed and if not possible taped over <ul style="list-style-type: none"> • Nails must be shorter than fingers 	Low	

No.	Hazard	Control measures	Risk Level	Date control completed
	Anti-social behaviour	<ul style="list-style-type: none"> • All students have agreed to the code of conduct at membership purchase 	Low	
	Injury associated with normal competition/training (inc. lifting flyers and tumbling moves)	<ul style="list-style-type: none"> • Warm up and cool down properly before training • Health and safety sec is present or committee member that is trained in first aid • Coach is qualified in both cheerleading and gymnastic training and will be present 	Low-med	
	Medical emergency	<ul style="list-style-type: none"> • All members asked to declare medical conditions when joining the club • Captain has security main telephone number and emergency contact numbers in case of emergency 	Low	

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
Poor/failure instruction leading to unsafe practice	Captain will draft competency list for all members and will ask students to sign once they have received information/instruction and when captain is satisfied that they are competent in each aspect of practice	Club Captain	TBC
Falls from height	See above	Club Captain	TBC
Jewellery/long nails causing injury	Students responsible for removing jewellery and nail length	Students	First week of training
Medical emergency	All students must be members of the club (those who are not are not insured)	Treasurer and Captain	First week of training

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.