

<b>Centre: Various</b>	<b>Date: January 2017</b>	<b>Review Date:</b>
<b>Risk Assessment: Dryland club activities</b>		

<p><b>Description of the activity, equipment or area under assessment</b>  <b>Miscellaneous Club activities occurring on dry land, including land training, travel, socials, dining and other activities.</b></p>
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Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
Land Training at University Sports Centre	Drop weight on person	Low	Always carry weights with two hands and lower gently to the ground. Do not use weights excessively near to someone else. Ask for help if carrying a heavy load.	
Land Training at University Sports Centre	Trip on apparatus	Low	Ask for an induction if using unfamiliar apparatus. Always put apparatus away after use to keep training areas tidy.	
Land Training at University Sports Centre	Injury from misuse or overuse of apparatus	Medium	Do not attempt to increase difficulty of exercise routine too rapidly. When using unfamiliar apparatus, ask for an induction. Stop club members who appear to be misbehaving around apparatus.	Hospitalisation in severe cases; banishment from Land Training if consistently unsafe attitude
Travel	Becoming involved in an accident	Low	These are detailed in the CUSWPC Travel Policy	
Travel	Becoming lost in unfamiliar surroundings	Low	When travelling, members are encouraged to remain in pairs at all times. Members should carry their mobile phones to access online maps if necessary. Committee members have access to all club members' mobile phone numbers.	
Travelling to training	Twisted ankle, fall off bike, contact with a moving vehicle, etc	Low	Members should always cross roads at official crossings, if available, and obey the Green Cross Code. Bicycles should always be ridden with both hands on the handlebars, and with front and rear lights after dark, and helmets should always be worn. Extreme caution should be taken when travelling in icy or wet conditions. Shoes with proper tread should be worn.	Hospitalisation in severe cases
Dining	Allergic reaction to food	Medium	Members with severe food allergies should carry an epipen or	Hospitalisation in

			relevant medication at all times. When dining in unfamiliar restaurants, members with food allergies should always enquire if their food contains any allergens. Where possible, restaurants with a Food Hygiene Rating of 4 or 5 will be chosen.	severe cases.
Dining	Excessive alcohol consumption	Medium	Alcohol should always be consumed in moderation and with sufficient time between drinks. Club members should pay attention to others' intake and be prepared to discourage the intoxicated from further consumption of alcohol. At club events, alcohol-free options shall always be made available, and peer pressure to drink alcohol shall not be tolerated. If a club member becomes severely intoxicated, more lucid members should look after him/her.	Hospitalisation in severe cases.
Fire	Slow evacuation	Low	Emergency exits should always be located upon entry into a new building and smoke detectors tested regularly. Evacuation pathways should be kept clear. Fire doors should be kept shut.	
Perception of Cambridge University students	Cambridge students could become targets for crime	Low	Members should make an effort not to wear excessive amounts of Cambridge stash, and attempt not to stand out in unfamiliar areas.	Possible modification of vernacular
Unfamiliarity with kit and/or rules for new activities	Preventable action causes medical emergency	Low-High	When confronted with an unfamiliar activity or apparatus, members should ask to see a risk assessment for the activity, if available. Safety advice or guidance should be sought from qualified or experienced persons and safety equipment should always be worn. Potential hazards should be contemplated before commencing the activity, and control measures considered.	Hospitalisation in severe cases

### PERSONAL PROTECTIVE EQUIPMENT (PPE)

Eye Protection	Yes	<b>No</b>	Type/standard:
Ear Protection	Yes	<b>No</b>	Type/standard:
Overalls	Yes	<b>No</b>	Type/standard:
Gloves	Yes	<b>No</b>	Type/standard:
Respiratory Protection	Yes	<b>No</b>	Type/standard:
Other	<b>Yes</b>	No	Specify: PPE commensurate to the activity being undertaken.

### HEALTH SURVEILLANCE

Is Special Monitoring required? (e.g. hearing test, eye test, health surveillance).

Enter details.

N/A

### EMERGENCY PROCEDURES

Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding): -

In the case of flooding, head for higher ground. Do not attempt to swim in water unless absolutely necessary. Vacate vehicles.

In the case of a power cut, follow centre procedure.

In the case of a medical emergency, notify lifeguards immediately and follow their instructions.

Any special First Aid Measures required?

No. If needed, trained first aiders are provided by centre offering activity.



**ASSESSOR**

<b>Name of assessor:</b>	<b>Signature:</b>	<b>Date</b>	<b>Name of Supervisor:</b>	<b>Signature:</b>	<b>Date</b>
Erik Sullivan	Erik Sullivan	January 2017			

**REVIEW DATES**

<b>Reviewed by (name)</b>	<b>Signature</b>	<b>Date</b>	<b>Indicate changes here</b>