

## ROWING RISK ASSESSMENT FORM

### TRAINING HUT

**Hazard Identification Reference**

(a) Confined Spaces	(b) Falls from Height	(c) Striking by mobile platform	(d) Trip or Slip	(e) Collapse	(f) Manual Handling	(g) Electrical	(h) Hazardous Substances	(i) Radiation	(j) Noise & Vibration	(k) Fire	(l) Explosion	(m) Others
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**Severity (S)**

**Likelihood (L)**

**Risk Factor (R)**

**S x L= R**

1 Negligible - all in a day's work	1 Improbable	<4 Risk may need to be controlled	LOW
2 Minor - minor injury with short term effect	2 Remote - unlikely	4-6 Risk must be controlled	MEDIUM
3 Severe - major injury/disability (reportable)	3 Possible - may or could well occur	7-9 Hazard must be controlled	HIGH
4 Extreme - fatal	4 Probable - expected to occur, several times	>9 Hazard must be avoided	VERY HIGH

Hazard Ref.	Hazard Description	People at risk	Initial Assessment			Control Measures	Residual Risk			Action/Comments
			S	L	R		S	L	R	
C	Cars in vicinity of training hut. (Car park and road)	All	4	1	4	Attention drawn to entry and exiting of training hut. Awareness drawn to passing traffic.	4	1	4	
D	Slips	All	2	2	4	Attention drawn to the fact that floor condition outside may have ice or moisture.	2	2	4	
D	Trips and falls	All	3	3	9	Floor/Height hazards marked with tape. General good housekeeping	3	1	3	Need new floor.
K	Fire	All	4	1	4	Fire exits clearly marked and kept clear of obstructions. Fire appliances maintained.	4	1	4	Suggest installation of fire alarm. A fire risk assessment is needed.
G	Electric shock	All	4	1	4	Electrical appliances PAT tested.	4	1	4	

F	General moving of large items of fitness equipment.	All	2	1	2	Correct lifting of fitness equipment. 2 people to spot while spotting squats, and one while spotting bench press. Correct technique taught.	2	1	2	Staff supervise large equipment movement.
F	Moving of free weights equipment within training hut.	All	3	2	6	Correct handling techniques. Caution paid to those in vicinity and other obstacles when moving free weights. Technique of moving weights taught.	2	1	2	Staff supervision within weights area. Reminders to be given with regard to care required when moving weights.
F	Use of free weights	All	3	3	9	Correct lifting techniques taught. Staff supervision at all times. Students properly attired.	2	1	2	Ideally all staff should be BAWLA qualified. School funding required for this.
H	Bacterial cleaner	All	2	1	2	Cleaning items kept out of the way.	2	1	1	
J	Hi-Fi system	All	2	1	2	Hi-Fi volume kept at an acceptable level	1	1	1	Staff to monitor/regulate volume.
M	Minor accidents	All	2	1	2	All staff qualified first aiders. First aid packs available in building	2	1	2	
M	Major accidents	All	3	1	3	All staff qualified first aiders. First aid packs available in building. School san on call. Phone point nearby for emergency service call.	3	1	3	
M	Bench Pull	All	3	2	6	A home made platform that could be unstable if incorrectly used. Therefore all athletes instructed on safe use of the apparatus. Staff supervised.	3	1	3	Staff and Athlete vigilance.

M	Dehydration	All	2	1	2	All students to have drinks bottles with them. Water drinking fountain located nearby.	2	1	2	Staff vigilance
M	Heat and Ventilation	All	3	2	6	Doors and windows to be open when training.	2	2	4	Need to install a ventilation system.

Completed by .....Ryan Demaine.....Date .....1/09/2007.....

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