

## Plymouth Corinthian CC Risk Management

### Methodology

Risk Assessment involves the five key steps shown:



Step 1 Assess and Identify the Hazards



Step 2 Carry out a risk evaluation



Step 3 Select Risk control measures



Step 4 Implement the selected control measures



Step 5 Monitor and Review Risk

### Risk Assessment

Health and safety risks can be both internal and external. To be deemed competent in carrying out a risk assessment, a person needs to have knowledge and experience of the activity and to be aware of the techniques involved in providing a suitable and sufficient risk assessment.

In carrying out the risk assessment, it is important to consider the following:

- Scope: process, activity and tasks to be assessed?
- People: who will be involved in carrying out the assessment?
- Training: are the persons competent, skilled and experienced to carry out the assessment?
- Equipment: what type of equipment will be used as part of the activity?

The person responsible for carrying out the assessment should

- Ensure that the outcome of the assessment is sensible and proportionate to the level of risk
- Ensure that the risk assessment is properly recorded

- Share the findings of the risk assessment with those participating in the event
- Ensure that the risk assessment is reviewed every 12 months or when necessary due to change in circumstance or incident.
- It is also likely that an element of dynamic risk assessment will be required to respond to changes in circumstances or new risks. However, dynamic risk assessment should not be a substitute for adequate emergency and contingency planning

## Risk Estimation

**RED (10-25)**, defined as an urgent need to reduce against adverse consequences which may have a significant impact on the person through loss or serious injury.

**Amber (5-9)**, defined as a need for further measures to reduce the risk activity with potential impact on the person who may have had sustained moderate to serious injury without loss. There is a need for further measures through regular monitoring to prevent possible escalation of the risk.

**Low (1-4)**, defined as acceptable with low or negligible risk. No need for further measures.

The likelihood of an incident or accident occurring can be determined by the following:

- How many people are exposed to the hazard
- How exposure varies over time or by location
- Frequency of the incident occurring

## Risk Assessment Review

Risk Assessments should be reviewed every 12 months or if there is any change due to the following:

- Accident/Incident or Near Miss
- Change in function of the activity or infrastructure
- Changes to legislation
- Amendment to the assessment due to change in circumstance, which were not considered when risk assessment was initially completed.

## How to Measure Risk Level

The chart shows how to get the numerical value of risk and includes a rating of low, medium, high or extreme.

To calculate the numerical value of risk, the likelihood of a hazard happening is multiplied by the severity of injury/damage that an incident would cause.

			Severity				
			Very Low	Low	Medium	High	Extreme
			1	2	3	4	5
Likelihood	Probable	5	5	10	15	20	25
	Very Likely	4	4	8	12	16	20
	Likely	3	3	6	9	12	15
	Possible	2	2	4	6	8	10
	Not Likely	1	1	2	3	4	5
			Risk Rating				

Low		Medium		High	
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<b>Severity</b>		<b>Likelihood</b>	
5	Extreme – Multiple Fatalities	5	Probable
4	High – Single Fatality or Multiple Serious Injuries	4	Very Likely
3	Medium – RIDDOR Reportable Injury	3	Likely
2	Low – Minor Injury, no lost time	2	Possible
1	Very Low – No injury / Near miss	1	Not Likely

## General Risk Assessment Form

<b>Date:</b>	20/9/2015	<b>Assessed by:</b>	Jon Ellis (Social sec)	<b>Activity/Location</b>	Weekly club runs
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Hazard	No. at Risk	Controls in Place at Present	L	M	H/E	Further Controls Necessary	Residual Risk Rating	Responsible Person
Death or injury from crash	All cyclists taking part	All cyclists <u>must</u> wear a helmet on club runs. All cyclists must be aware they are cycling on open roads and follow the Highway Code <u>at all times</u> . Individuals are responsible for ensuring that their machines are in good working order.		8		No	6	All club members
Death or injury owing to adverse conditions	All cyclists taking part	All cyclists <u>must</u> make an individual dynamic risk assessment. This means they must individually establish whether they are happy to ride on the day. When black ice is likely, or winds are gusting over 40mph, etc consideration should be made as to the route and whether riding is sensible at all.		8		No	6	Individual club members
Death or injury caused by novice member	All cyclists taking part	Novice riders receive advice from senior members regarding group riding skills and are advised to also check relevant YouTube videos from GCN (Global Cycling Network) and British Cycling 'Racesmart' advice.		8		No	6	Individual club members
Injury through over-exertion	Those new to the sport	Senior club members will monitor novice riders	4			No	1	Senior riders

Sunburn	All	Use sun-tan lotion	3			No	2	All taking part
Dehydration	All	All members advised to bring water	4			No	2	All taking part
Loss of blood sugar	All	All members advised to bring food or money to purchase food	4			No	2	All taking part
Hypothermia	All	All members advised to bring additional layers/check weather forecast. Keep an eye on fellow club mates.	4			No	1	All taking part

**DATE: 30/7/2015** \_\_\_\_\_

**REVIEW DATE: 30/7/2016** \_\_\_\_\_