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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Southampton University Trampoline Club Competition Trip****University of Galway, Republic of Ireland, 3rd – 7th April 2025** | **Date** | **01/02/2025** |
| **Group name** | **SUSU Southampton University Trampoline Club** | **Assessor** | **Jessica Bryant** |
| **Supervisor** | **Millie Goodwin** | **Signed off** | **SUSU Activities Team** |

**PLEASE USE THIS SECTION TO UPDATE/AMMEND/ADD ANY INFORMATION REQUIRED. IF YOU HAVE ANY FURTHER QUESTIONS REGARDING YOUR RISK ASSESSMENT, PLEASE CONTACT jb12g22@soton.ac.uk OR sotontramps@gmail.com FOR FURTHER INFORMATION.**

**PLEASE NOTE AS A COMMITTEE IT IS ESSENTIAL THAT YOU HAVE A RISK ASSESMENT IN PLACE PRIOR TO ANY ACTIVITY OR TRIP**

**PLEASE ADD THE FOLLOWING INFORMATION:**

We are assessing the risk of Southampton University Trampoline Club for both its members and other sports facility users during our sports trip to Galway in the Republic of Ireland. Twenty-four society members are attending the tour. This risk assessment will cover all the possible events that may occur and pose risk. The trip will consist of 4 nights away, staying in Woodquay Hostel Galway City, 23/24 Woodquay, Galway, H91 P8RP, Ireland. The competition will be held in Kingfisher Club, University of Galway, Newcastle Rd, Galway, H91 X53V, Ireland, an 18-minute walk from the accommodation. The risk assessment will cover the whole of the competition including flights from the UK, public transport to Galway, traveling to and from the competition, competing, and the social activities included.

| ***PART A***  |
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| **(1) Risk identification** | **(2) Risk assessment** | **(3) Risk management** |
| **Hazard** | **Potential Consequences** | **Who might be harmed****(user; those nearby; those in the vicinity; members of the public)** | **Inherent** |  | **Residual** | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |
| Slips, Trips, Falls  | Accident and/or Injury | StudentsMembers of the public | **1** | **3** | **3** | * Group sizes reduced to ensure no large groups are formed.
* Students will be encouraged to take care when crossing busy streets and when negotiating paths. Students will also be encouraged to wear appropriate footwear when travelling by foot.
 | **1** | **3** | **3** | * Should injury occur, Committee to contact appropriate emergency services
* Organisers to bring a first aid kit for minor injuries
* Committee to report to SUSU Duty Manager as soon as possible
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| Individuals getting lost while on the trip.  | Missing the flight there or back.  | User | **2** | **3** | **6** | * Everyone has been informed to stay in groups of three or more.
* Advice on mobile data plans has been given, as well as meeting points and general travel itinerary.
* Groups will be staying on guided tours or tours of popular attractions which are well policed.
* Only licensed taxi companies such as Uber shall be used, as well as reliable public transport links
 | **1** | **2** | **2** | * The phone numbers of the committee members in attendance have been given to everyone on the trip. Social media contact is also available via the Facebook group and chat.
* The committee will keep everyone together and periodically conduct group counts at important sections of the trip (i.e. coach travel, airport, hostel check-in and check-out).
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| Transport: Cancellation/ Diversions | Students not reaching intended destination | Students | **3** | **1** | **4** | * Committee to review Flight times and any potential cancellations/diversions prior to the trip
 | **3** | **1** | **4** | * During the trip, the committee to regularly review flight times during the trip to check for any possible cancellations and diversions.
* Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details
 |
| Travelling around location | Large groups forming | StudentsMembers of the public | **3** | **2** | **6** | * split students into smaller groups to avoid large groups forming
 | **3** | **1** | **4** | * Organisers to familiarise self with location and destinations in advance. Interary provided were possible. E.g. use websites like trip advisor, google maps
 |
| Traffic- accident or collision | Death or major injury | StudentsMembers of the Public | **1** | **5** | **5** | * Where possible students should avoid driving own vehicles in county. Travel by public transport, hire of coach/bus with reputable company
* Buses without seatbelts are avoided if possible and never used on high speed roads
* Student drivers- The driver will need to become familiar with local driving regulations. It is important to verify that the driver is actually licensed to drive a vehicle in the country to be visited, e.g. does the country to be visited recognize a British driving license or is an International driving license needed
* Verbal warning of risk
* Encourage students to use pedestrian crossings wherever possible
* Encourage students to travel in appropriate group sizes to ensure no large groups are formed
* Work on foot planned to avoid fast roads wherever possible.
 | **1** | **3** | **3** | * Contact local emergency services and laws on driving in country
* Gather all evidence and complete the incident form - If the Duty Manager is not present the incident report must be filled out immediately, it can be found on the SUSU website here.- https://www.susu.org/contact.html
* Ensure all participants have insurance and access to details
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| Adverse Weather | Sunstroke, heatstroke, cold, minor illnesses as a result of weather | Students | **2** | **3** | **6** | * Advise students and helpers to take appropriate clothing i.e. waterproofs, hat, sun cream
 | **1** | **3** | **3** | * Should weather be deemed ‘adverse’ this tour will be cancelled
 |
| Risk of Violent Crime, harassment and/or abuse | Accident and or injury | StudentsMembers of the public | **2** | **5** | **10** | * Students will be encouraged to stay in groups at all times.
* Trip organisers to familiarise self with countries emergency phone numbers
* Advise participants to research local laws and customs before entering a new country (FCO website as primary resource), so they don’t cause offence for cultural differences.
* Stay away from large gatherings or demonstrations
* Organisers to have a record of & to share details of the consular office for the nationality of each participant
* Advise participants to use common sense when getting into vehicles, or accepting invitations and to get out of the vehicle if they feel at risk
* Participants all advised to give up their valuables in the event of a confrontation to prioritise own safety
 | **1** | **5** | **5** | * Should a student witness or be a victim to such crime they are able to contact the appropriate emergency service and report to the committee. In turn this to be reported to the duty manager
* Report incidents to local emergency services
* Gather all evidence and complete the incident form - If the Duty Manager is not present the incident report must be filled out immediately, it can be found on the SUSU website here.- <https://www.susu.org/contact.html>
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| Loss of valuables | Lost items | Students | **2** | **2** | **4** | * All attendees will be warned prior to the trip to keep valuables secure and hidden
* Advise participants to have access to personal emergency money, for food/water/travel in the event of robbery, e.g. via telephone
* Stay away from large gatherings or demonstrations
* Advise participants to bring a photocopy of their passport.
 | **1** | **2** | **2** | * Organisers to have a record of & to share details of the consular office for the nationality of each participant
* If passport lost, make an official report and contact the nearest embassy or consulate
* Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details
 |
| Students becoming lost | Distressed students | Students | **3** | **1** | **3** | * Should student become lost, students will be encouraged to message the committee through designed chat. Whatsapp, Facebook etc
* Encourage all participants to swap numbers before trip
 | **2** | **1** | **2** | * Students will be encouraged to stay in groups at all time.
* Organisers to share trip itinerary were applicable
 |
| Inappropriate behaviour – from others or students  | Distressed students, members of the public | StudentsMembers of the public | **2** | **3** | **6** | * Should inappropriate behaviour occur, students can contact both SUSU and/or appropriate emergency services
* Participants to research local laws and customs before entering a new country (FCO website as primary resource), so they don’t cause offence for cultural differences
* Alcohol: members to follow SUSU expect respect guidance, binge drinking to be discouraged, participants encouraged to buddy up and be sensible/use common sense when drinking e.g. do not leave drinks unattended, do not drink to excess, use licenced premises
 | **1** | **3** | **3** | * Ensure participants are aware that they are responsible for own behaviour (e.g. if arrested), share SUSU expect respect policy in advance of trip
* Report all incidents following SUSU incident reporting guidelines
* Contact emergency services in country
* Ensure participants have appropriate insurance and access to mobile phone
 |
| Incident- Experience of terrorism | Distress, serious injury, fatality | StudentsPublicWider student community etc | **2** | **5** | **10** | * Organisers to encourage participants to research the political situation of the country they are entering, using the FCO website, will not book trips to FCO most dangerous countries
* Will research specific regions within the country, considering FCO advice and the make-up of student group (e.g. nationalise, religious restrictions etc)
* Each participant to have at hand details of local consular office and list of local emergency phone numbers
* Participants to have a copy of passport and insurance documents
* In case of an incident follow [**Run, Hide, Tell guidance.**](https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/terrorism/run-hide-tell-information-leaflet.pdf) follow the advice of in-country energy service
* Stay away from large gatherings or demonstrations
* Mobile phone access- ensure chargers are taken and research has been done onto local adapters, network access
 | **1** | **5** | **5** | * Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details
* Contact in country emergency services and consular office
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| Incidents restricting travel and health- Natural Disasters, pandemics, political incidents  | Distress, serious injury, fatality, inability to return home | StudentsPublicWider student community etc | **2** | **5** | **10** | * Stay away from large gatherings or demonstrations
* Mobile phone access- ensure chargers are taken and research has been done onto local adapters, network access
* Organisers to encourage participants to research the political situation of the country they are entering, using the FCO website, will not book trips to FCO most dangerous countries
* Will research specific regions within the country, considering FCO advice and the make-up of student group (e.g. nationalise, religious restrictions etc)
* Each participant to have at hand details of local consular office and list of local emergency phone numbers
* Participants to have a copy of passport and insurance documents
* Regular checks with travel company prior to departure
 | **1** | **5** | **5** | * Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details
* Contact in country emergency services and consular office
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| Medical Emergency  | Participants may sustain injury due to; pre-existing medical conditions, an incident whilst travelling, or as a result of a poor response to a previous medical situation. | Student participants  | **3** | **4** | **12** | * advise participants; to bring their personal medication, what numbers to ring in an emergency, and that the priority is to first seek medical attention in country (not to call home first!)
* Advice participants to bring enough medication for trip duration and include ingredients list, packaging (to support in country medical team if required)
* Next of kin and medical details have been collected in case they are needed for medical reasons- stored securely following GDPR Guideline**s**
* Organisers to familiarise self and brief participants on local medical facilities
 | **2** | **4** | **8** | * Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details
* Contact in country emergency services and consular office
* Encourage participants to Check legal restrictions on import /export controls on medications
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| Drowning- tours/trips by the sea, lakes etc, activities involving water  | Serious injury/fatality  | Student participants  | **2** | **5** | **10** | * Participants to obey local laws and follow local advice on tides etc
* Ideally swimming should be avoided when no lifeguard provision is available
* Follow FCO guidance on country safety. on tidal patterns
* Advice common sense- Participants undertake activities at own risk- encouraged to think about own ability e.g. swimming competency and training (water sports)
* Life jackets/PPI to be worn as instructed
* Swimming at night to be avoided
 | **1** | **5** | **5** | * Ensure each participant has booked appropriate insurance for the duration of the trip and has access to insurance details
* Contact in country emergency services and consular office
* Ongoing dynamic risk assessment taking into account location and weather
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| Warming up and cooling down | Wooden floors, equipment, flailing limbs. | People directly involved in the activity could be harmed by slipping on the wooden floor, tripping over equipment or collisions with other members from flailing limbs | **2** | **1** | **2** | * Participants must wear shoes or be barefoot while running around to give better grip on the sports hall floor. Participants must be mindful of other people around them and are instructed to make sure they have enough space to warm up in safety. Warmups and cool downs should take place a safe distance away from the equipment to ensure that accidents do not occur
 | **1** | **1** | **1** |  |
| General Use of the Trampolines | The nature of the sport means there is an inherent risk to participants wellbeing | Physical injury could occur to the participant if a move is performed incorrectly, or a pre-existing injury could be agitated | **2** | **3** | **6** | * Either a Level 2+ coach or 2 persons deemed competent by the club’s health and safety officers must be present at every session along with 2 committee members to ensure the safety of participants on the trampolines.
* Participants should only undertake moves that the member running the session is happy to oversee.
* All participants are reminded that if they do moves deemed harder than this then they will be performing these at their own risk and the club will not take any responsibility for the outcome of such moves.
* There must be a minimum of two spotters on each exposed side of the trampoline while a participant is bouncing to step in if the participant is in trouble and help to either slow their fall or push them back onto the bed. All members are instructed how to spot when they join the club by a competent person
 | **1** | **3** | **3** |  |
| Getting on and off the trampolines | Injury arising from persons getting on and off the trampolines | Injury to the participant if they land awkwardly getting off the trampoline or cannot get on to the trampoline. Injury to someone in the near vicinity if flailing limbs hit them | **1** | **2** | **2** | * All members are taught the safest way to get on and off the trampoline by a competent person. If a person still struggles to get on the trampoline, then use of the chain as a step is advisable. Failing that, the use of a step can aid the participant to safely get on the trampoline as long as the step is removed before the participant starts bouncing.
* Before a participant gets off the trampoline, they must completely kill their bounce so there is no more vertical movement of themselves or the bed. They must then walk to the edge of the bed before sitting down and sliding off. All participants are informed of this procedure before using the trampolines. The use of soft floor mats around the edges of the trampolines reduces the impact of the floor also
 | **1** | **1** | **1** |  |
| High jumpers | Jumping too high and hitting the ceiling or raised basketball hoops | Physical injury to the participant jumping too high | **1** | **3** | **3** | * Experienced performers are advised of the roof height and told to watch their height when they bounce. The trampoline used by high jumping participants will be placed under the area of the ceiling with the highest clearance well away from obstacles such as folded basketball hoops, inlet and outlet fans, lighting etc
 | **1** | **2** | **2** |  |
| People jumping above 17 seconds in timed jumps | Participants jumping off the end of the trampoline past the end deck | The participant, spotter, and any other member in the vicinity | **1** | **3** | **3** | * Placing a crash mat at the end of the end deck to cushion the fall if someone were to clear the end deck
 | **1** | **2** | **2** |  |
| Wearing jewellery | Jewellery could become trapped in the trampoline bed when jumping or in equipment when setting up and putting down | People wearing the jewellery. Could tear and damage parts of the body causing injury. Trapped necklaces whilst jumping could result in people landing unsafely on their arms or neck. | **1** | **2** | **2** | * No jewellery to be worn when spotting or on the trampoline. Committee, ISTO officials and judges will monitor all attendees before participating.
 | **1** | **1** | **1** |  |

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| ***PART B – Action Plan*** |
| **Risk Assessment Action Plan** |
| **Part no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | **Review date** | **Outcome at review date** |
| 1 | Before booking trip organisers to investigate country information and region safety via government FCO Website- <https://www.gov.uk/foreign-travel-advice> | Jessica Bryant (Tour Sec) | 4th Dec 2025 | 5th Dec 2025 | Guidance is regularly checked before departure by Tour sec. |
| 2 | Organisers to ensure appropriate travel insurance has been secured by/for each participant  | Jessica Bryant (Tour Sec) | 26th Feb 2025 | 28th Feb 2025 | Collected all this data and placed on participant trip form. |
| 3 | Participant briefing on health & safety before trip e.g. meeting, online, emails (including consular and emergency services information) | Jessica Bryant (Tour Sec) | 26th Feb 2025 | 28th Feb 2025 | A tour pack was handed out with all this information. A planned meeting to take place to discuss this to ensure all participants are aware. |
| 4 | Trip itinerary and details of hotels/flights shared with all participants | Jessica Bryant (Tour Sec) | 26th Feb 2025 | 28th Feb 2025 | A tour pack was handed out with all this information. A planned meeting to take place to discuss this to ensure all participants are aware. |
| 5 | Participants emergency contact details gathered by organisers- stored securely in accordance with GDPR guidelines | Jessica Bryant (Tour Sec) | 26th Feb 2025 | 28th Feb 2025 | Collected all this data and placed on participant trip form and on our password secured google drive. |
| 6 | Organisers to check and pack a first aid kit | Jessica Bryant (Tour Sec) | 2nd April 2025 | 2nd April 2025 |  |
| 7 | Organisers Severe Weather and Natural Disaster Check prior to departure  | Jessica Bryant (Tour Sec) | 2nd April 2025 | 2nd April 2025 |  |
| 8 | Transport- where student drivers and hire vehicles to be used ensure company vehicle safety checks area carried out, and research laws on licencing. Book appropriate travel insurance/cover. | Jessica Bryant (Tour Sec) | 2nd April 2025 | 2nd April 2025 |  |
| Responsible committee member signature:  | Responsible committee member signature:  |
| Print name: Jessica Bryant | Date: 01/02/2024 | Print name: Millie Goodwin | Date: 01/02/2024 |

**Assessment Guidance**

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| 1. Eliminate
 | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why |  |
| 1. Substitute
 | Replace the hazard with one less hazardous | If not possible then explain why |
| 1. Physical controls
 | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 1. Admin controls
 | Examples: training, supervision, signage |  |
| 1. Personal protection
 | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| **LIKELIHOOD** | 5 | 5 | 10 | 15 | 20 | 25 |
| 4 | 4 | 8 | 12 | 16 | 20 |
| 3 | 3 | 6 | 9 | 12 | 15 |
| 2 | 2 | 4 | 6 | 8 | 10 |
| 1 | 1 | 2 | 3 | 4 | 5 |
|  | 1 | 2 | 3 | 4 | 5 |
| **IMPACT** |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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| Likelihood |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |

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| Impact | Health & Safety |
| 1 | Trivial - insignificant | Very minor injuries e.g. slight bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered.  |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical support.  |
| 4 | Major  | Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.  |