Please go through sections 1-7 and tick which hazards are relevant to your event, trip and activity, input these onto the Risk Assessment Form (first column) and complete the additional relevant information. Please note, not all hazards related to your activity may be included on this sheet so you may need to add additional ones to your risk assessment.

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|  | **Indoor Hazards** |
| **1.1** | Inappropriate lighting |
| **1.2** | Temperature |
| **1.3** | Insufficient or unsuitable space |
| **1.4** | Untidiness – causing trip / fire hazard |
| **1.5** | Stairs – dark / steep / no handrail |
| **1.6** | Lack of fire escapes / extinguishers / procedures |
| **1.7** | Slip / trip / fall hazards |
| **1.8** | Inadequate ventilation |
| **1.9** | Fire |
| **1.10** | Poor surfaces for activities – slips / trips / impact |
| **1.11** | Electrical hazards |

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|  | **Sporting Activity Hazards** |
| **2.1** | Uneven playing surface |
| **2.2** | Playing surface too hard or soft |
| **2.3** | Hard or sharp objects on pitch |
| **2.4** | Sliding on Astroturf or tarmac |
| **2.5** | Collisions / Conflict with surrounding objects or people |
| **2.6** | Impact from sports equipment |
| **2.7** | Contact sport injury |
| **2.8** | Personal injury – fracture / sprains / cuts  |

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|  | **Hazards on Coasts and Still/Moving Water** |
| **3.1** | Falls from cliffs, piers, sea walls ,weirs or waterfalls |
| **3.2** | Struck by falling objects from cliff |
| **3.3** | Slips/falls on slopes / uneven surfaces/banks/ |
| **3.4** | Quick sand & mud |
| **3.5** | Access problems due to steep angle of beach slope |
| **3.6** | Collisions between users/objects |
| **3.7** | Swept away by wave surges |
| **3.8** | Being washed against rocks / piers |
| **3.9** | Low water temperatures |
| **3.10** | Communication problems from waves / swell / distance  |
| **3.11** | Struck by objects in water |
| **3.12** | Stranded by tides |
| **3.13** | Swept away by currents/undertow |
| **3.14** | Rip tides |
| **3.15** | Longshore drift |
| **3.16** | Conflicts between beach users |
| **3.17** | Getting swept away from equipment or people |
| **3.18** | Striking / trapping by submerged obstacles |
| **3.19** | Access problems – rescue / getting kit into water |
| **3.20** | Getting out of depth |
| **3.22** | Difficult communications |
| **3.23** | Drowning  |
| **3.24** | Remote Locations  |

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|  | **Cash Handling**  |
| **4.1** | Money left unattended |
| **4.2** | Money in unsealed containers |
| **4.3** | Transporting money to different locations or overnight |
| **4.4** | Money miscounted |

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|  | **Hazards on Hills and Mountains**  |
| **5.1** | Slips & trips on grass, mud, rock |
| **5.2** | River crossings |
| **5.3** | Remote locations |
| **5.4** | Difficult communication – weather / distance |
| **5.5** | Falling debris |
| **5.6** | Extra work imposed by terrain type / angle |
| **5.7** | Lack of shelter |
| **5.8** | Separation of group members |
| **5.9** | Getting lost |
| **5.10** | Falls from height |
| **5.11** | Extremes of weather |

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|  | **People and Organisational Hazards**  |
| **6.1** | Lack of information, training or instruction |
| **6.2** | Poor activity planning or preparation |
| **6.3** | Poor activity delivery or organisation  |
| **6.4** | Ignorance of rules and / or procedures |
| **6.5** | Unsafe behaviour or attitude |
| **6.6** | Lack of appropriate first aid equipment and experience |
| **6.7** | Medical conditions of participants |
| **6.8** | Poor safety control from group leaders |
| **6.9** | Poor safety awareness from participants |
| **6.10** | Lack of cooperation within group |
| **6.11** | Differing skill levels within group |
| **6.12** | Low level of physical fitness / strength |
| **6.13** | Aggression between participants |
| **6.14** | Aggression from crowd / public |
| **6.15** | Under 18’s |
| **6.16** | Contact between participants increasing risk |
| **6.17** | Participant Safety |
| **6.18** | Public Safety |
| **6.19** | Public nuisance /illegal activity |
| **6.20** | Separation from other people |

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|  | **Equipment, Social Events and Other Hazards**  |
| **7.1** | Transport to and from your activity |
| **7.2** | Food poisoning |
| **7.3** | Hazardous substances |
| **7.4** | Equipment with moving / hot parts |
| **7.5** | Heavy equipment |
| **7.6** | Noise from equipment |
| **7.7** | Risk of trapping body / clothing in equipment |
| **7.8** | Inadequate environment for equipment operation |
| **7.9** | Inadequate protective equipment |
| **7.10** | Equipment in unsuitable condition |
| **7.11** | Consuming alcoholic drinks |
| **7.12** | Lightening |
| **7.13** | Psychological Effects |
| **7.14** | Loss/theft/damage to personal items |
| **7.15** | Dehydration |