

**Club / Society:** York St John University Cheerleading Club  
**Event / Activity:** Training (Cheerleading)  
**Date of Activity:** N/A (Weekly Training / External Training)  
**RA Completed By:** Karl Swales and Katie Prizeman

**Location of Event / Activity:** York St John University Sports Park (Sport Hall) + External Gyms  
**Date of Risk Assessment:** Tuesday 28<sup>th</sup> June 2016 (28/06/2016)  
**RA Verified By (SU Use Only):**

Hazard	Who May be Harmed?	Risk Score (without EC)	Existing Controls (EC)	Risk Score (with EC)
Type of Flooring	All Members of the Squad / Coaches	9	<ul style="list-style-type: none"> <li>▪ All stunting / dancing must take place on suitable and appropriate surfaces</li> <li>▪ Under no situation is any stunting / dancing to take place on wet surfaces, if any liquid is spilt it must be mopped up immediately</li> <li>▪ All cheerleading / stunting must be done with adequate matting underneath</li> </ul>	6
Trips / Slips / Falls / Collisions with Other Cheerleaders	All Members of the Squad / Coaches / Observers	12	<ul style="list-style-type: none"> <li>▪ Immediate first aid provision can be given to injured participants by club members / staff on YSJ University Campus (Club to check for offsite training)</li> <li>▪ Participants are informed and advised on correct footwear / clothing (participants without correct clothing / equipment are asked not to participate)</li> <li>▪ Sessions are abandoned if indoor lighting is poor and putting participants at risk</li> <li>▪ Inspection of the training space is completed prior to training / competitions</li> <li>▪ Committee aware of how to call First Aid</li> <li>▪ All training sessions (for all squads) must be taken by a competent coach who has the necessary coaching credentials</li> <li>▪ No dancing / cheering on wet surfaces</li> <li>▪ Ensure that practice area is clear before beginning a routine / stunt</li> </ul>	6
Falls <2m	All Squad Members / Coaches	12	<ul style="list-style-type: none"> <li>▪ No stunting without spotters and suitable matting</li> <li>▪ No dancing / cheering on wet surfaces</li> <li>▪ Flyers and bases must be trained by qualified coaches how to catch in the event of an incident</li> <li>▪ Bases must be physically 'sound' to train</li> <li>▪ Coaches should ensure students are not fatigued / tired prior to training, in the case individuals are showing signs of chronic fatigue (especially during late night sessions) activity must be abandoned</li> <li>▪ No flyer is allowed to stunt without appropriate number of bases, appropriate number of bases should be decided by qualified coaches</li> </ul>	4

Falls >2m	All Level 2 and Above Squad Members / Coaches	12	<ul style="list-style-type: none"> <li>▪ No stunting without spotters and suitable matting</li> <li>▪ No dancing / cheering on wet surfaces</li> <li>▪ Flyers and bases must be trained by qualified coaches how to catch in the event of an incident</li> <li>▪ Flyers must be taught how to fall to minimise injury</li> <li>▪ All members of the squad who are not directly involved with the stunt must act as active spotters</li> <li>▪ Any member of the squad suffering a fall from over 2m must seek urgent medical attention and receive the all clear from a qualified medical professional</li> <li>▪ All stunting must be coached by a confident coach who has the necessary coaching credentials</li> </ul>	8
Muscle Strains / Bruising / Cuts / Bleeding	All Members of the Squad / Coaches	12	<ul style="list-style-type: none"> <li>▪ All session participants must complete a full, adequate and specific warm up prior to stunting / dancing of any kind</li> <li>▪ First aid kit / equipment must be present at every training session / competition</li> <li>▪ Committee members / senior squad members (3<sup>rd</sup> years) must know how to call security / help to the venue they are training at</li> <li>▪ In the case where an ambulance is called one member of cheer / full time staff must be ready to meet the paramedics on their arrival</li> <li>▪ Any individual suffering from a serious injury at training or during competition must seek medical attention</li> </ul>	6
Dislocation / Broken Bones	All Members of the Squad / Coaches	8	<ul style="list-style-type: none"> <li>▪ Emergency services must be contacted immediately (999), for training taking place at YSJ Sports Park Sports Hall, security must also be contacted to ensure they are aware and can attend the scene (if required)</li> <li>▪ Ensure at least one squad member / YSJ-Active Staff / Security Staff / External Venue Staff is ready to meet the ambulance / paramedics on their arrival</li> <li>▪ No stunting / dancing is to be done on wet surfaces</li> <li>▪ All stunting (for all levels) must be done with correct and safe matting underfoot</li> </ul>	6
Head / Spinal Injury	All Members of the Squad / Coaches	10	<ul style="list-style-type: none"> <li>▪ If an individual is suspected to have suffered from a spinal / head injury the individual must NOT be moved</li> <li>▪ Emergency services (999) and Security staff (when YSJ Active staff are off duty) must be notified immediately</li> <li>▪ Ensure at least one squad member / YSJ-Active Staff / Security Staff / External Venue Staff is ready to meet the ambulance / paramedics on their arrival</li> <li>▪ No stunting / dancing is to be done on wet surfaces</li> <li>▪ All stunting (for all levels) must be done with correct and safe matting underfoot</li> </ul>	5

Poor Quality Coaching	All Members of the Squad	20	<ul style="list-style-type: none"> <li>▪ All coaches must have adequate and appropriate coaching qualifications relevant to the sport of Cheerleading, all coaches qualifications must be kept on record at the Students' Union</li> <li>▪ Coaches must differentiate for ability</li> <li>▪ Adequate number of coaches must be present at all training sessions, participant to coach ratio must be sensible and follow NGB guidelines / recommendations</li> </ul>	8
Incorrect Clothing / Footwear	All Members of the Squad / Coaches	10	<ul style="list-style-type: none"> <li>▪ All squad members and coaches must attend training sessions / competitions in cheerleading shoes or other suitable trainers (suitable trainers will provide heel support)</li> <li>▪ All squad members and coaches must attend training in sensible clothing (loose clothing / sportswear)</li> <li>▪ All jewellery must be removed prior to individuals participating in element of training or competition</li> <li>▪ Any individual arriving at training inappropriately dressed should not participate in the session</li> </ul>	4
Inexperienced / Beginner Members	Inexperienced Cheerleaders Participating in the Session	15	<ul style="list-style-type: none"> <li>▪ All squad members new to cheerleading must undergo an induction training session showing them basic catching / falling techniques and general safety points specific to the sport of cheerleading</li> <li>▪ All new squad members must be coached by certified, responsible and knowledgeable coaches with current cheerleading coaching qualifications</li> <li>▪ Sessions and training content must be differentiated for new squad members</li> <li>▪ Squad members with no / little prior experience of cheerleading must be able to display competency before practicing complex stunting routines</li> </ul>	4
Stunting	All Members of the Squad	12	<ul style="list-style-type: none"> <li>▪ All stunting routines must be performed with adequate matting underfoot</li> <li>▪ All stunting must be taught by coaches who are certified and experienced in the teaching / coaching of stunting</li> <li>▪ Stunting must not take place in poorly lit buildings / buildings with low ceilings or on wet surfaces</li> </ul>	9
Fire	All Squad Members / Coaches / Spectators	5	<ul style="list-style-type: none"> <li>▪ All electrical equipment used by squad members must be PAT tested prior to its use at training sessions / competitions (ie stereo systems / CD players)</li> <li>▪ All members of the squad and coaches must understand and know the fire evacuation procedure and know where the nearest fire assembly point is</li> <li>▪ In the case of a fire, all members of the squad, coaches and spectators must follow the evacuation procedure and inform security at the earliest possibility</li> </ul>	5

Use of Equipment / Storage of Equipment	All Members of the Squad / Coaches	N/A	<ul style="list-style-type: none"> <li>▪ Equipment must be checked for damage prior to every training session / use at competition, any damage to equipment must be reported the Students Union immediately, heavily damaged equipment must not be used for training sessions</li> <li>▪ Large mats must be carried safely by a number of individuals per mat, ideally all mats will be transported by trolley</li> <li>▪ All equipment must be stored safely in the allocated storage unit</li> <li>▪ No new equipment is to be ordered without authorisation from the SU</li> </ul>	N/A
Spectators / Members of Other Sports Teams Sustaining Injury (Too Close to Mats)	Spectators / Fans / Members of Other Sports Teams	12	<ul style="list-style-type: none"> <li>▪ All spectators must be advised to keep well away from the mats during training and in performance</li> <li>▪ Members of the club not performing in the routine should be mindful of spectators and intervene if they are in to closure proximity to the mats / area where the performance is taking place</li> <li>▪ When cheerleading at other sports teams events (ie competitive fixtures) cheerleaders must stay back from the pitch during play and ensure all equipment (ie pompoms) are brought off the pitch prior to play beginning / resuming</li> </ul>	3
Trespassers Entering Training Venue	All Members of the Squad / Coaches / Spectators	N/A	<ul style="list-style-type: none"> <li>▪ Fire exits must not be opened for fresh air, if the door does need to be opened at least one member of the squad must stand by the door to ensure externals do not enter the Sports Hall / training venue (if University room is booked)</li> <li>▪ If an external trespasses during training / competition University Security Staff must be informed immediately, members of cheer / coaches must not tackle or challenge the individual</li> </ul>	N/A

## Risk Assessment Severity and Likelihood Matrix

		Severity					
		Minor Injuries or discomfort, no medical treatment or measurable physical effects	Injuries or illness requiring medical treatment, temporary impairment	Injuries or illness requiring hospital admission	Injury or illness requiring hospital admission, injury resulting in permanent impairment	Fatality	
		Not Significant (Severity = 1)	Minor (Severity = 2)	Moderate (Severity = 3)	Major (Severity = 4)	Severe (Severity = 5)	
Likelihood	Expected to occur regularly under normal circumstances	Almost Certain (Likelihood = 5)	Medium (Risk = 5)	High (Risk = 10)	Very High (Risk = 15)	Very High (Risk = 20)	Very High (Risk = 25)
	Expected to occur at some time	Likely (Likelihood = 4)	Medium (Risk = 4)	High (Risk = 8)	High (Risk = 12)	Very High (Risk = 16)	Very High (Risk = 20)
	May occur at some time	Possible (Likelihood = 3)	Low (Risk = 3)	Medium (Risk = 6)	High (Risk = 9)	High (Risk = 12)	Very High (Risk = 15)
	Not likely to occur in normal circumstances	Unlikely (Likelihood = 2)	Low (Risk = 2)	Low (Risk = 4)	Medium (Risk = 6)	Medium (Risk = 8)	High (Risk = 10)
	Could happen but probably never will	Rare (Likelihood = 1)	Low (Risk = 1)	Low (Risk = 2)	Low (Risk = 3)	Low (Risk = 4)	Medium (Risk = 5)

Please note that this risk assessment has been completed using the above matrix to calculate severity, likelihood and overall risk scores.

If you have any questions in regards to the completion of your risk assessment please contact [k.swales@yorksj.ac.uk](mailto:k.swales@yorksj.ac.uk) (Sport) or [v.firth1@yorksj.ac.uk](mailto:v.firth1@yorksj.ac.uk) (Societies)