

LUCC Aerial Risk Assessment

Risk Assessment

LANCASTER UNIVERSITY STUDENTS' UNION

Details	
Event/Project Name	LUCC Aerial Sessions
Group	Lancaster University Magic and Circus Society (LUMACS)
Risk Assessment Review Date	24/07/25

Ongoing Assessment
<p>The Risk Assessment process <u>must</u> be 'on-going' and 'dynamic'.</p> <p>In other words, professional judgements and decisions regarding safety will need to be made <u>during</u> the activity. If the control measures aren't sufficient, the activity must not proceed.</p> <p>All personnel involved with the running of the event must receive very clear guidance and instructions for the management of the event and be very clear about their own roles and responsibilities for each aspect of the event and carry these out under the guidance given.</p> <p>The whole team must be told that under no circumstances are they to admit liability in case of any accidents; all incidents or questions involving insurance must be referred to LUSU the next day.</p>

Warm up/ Cool down

Hazard	What are the risks and potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	C on tr oll ed se ve rit y	C on tr oll ed lik eli hod	Co ntr oll ed Ris k Ra tin g	Who is responsible for the control?
Slip on yoga mats	Bruises	Individuals in the room	1. When warming up or cooling down, be careful not to move mats 2. If not taking part, stay away from mats	1	0	0	(1-2) Individuals in the room

Running	Difficulty breathing Overheating Overexertion	Individuals warming up	1. Make sure to have water nearby and drink if needed 2. Stop and take a break if needed	1	2	2	(1-2)Individuals warming up
Overstretching	Pulled muscles	Individuals warming up or cooling down	1. Only stretch to what is comfortable for the individual	1	1	1	(1) Individuals warming up or cooling down
Over-exertion	Fatigue Injury	Individuals warming up or cooling down	1. Make sure to have water nearby and drink if needed 2. Stop and take a break if needed	1	1	1	(1-2) Individuals warming up or cooling down
Over-rotation	Dislocation	Individuals warming up or cooling down	1. Only stretch to what is comfortable for the individual	3	1	3	(1) Individuals warming up or cooling down
Not stretching properly	Injury Pulled muscles	Individuals warming up or cooling down	1. Individuals should be able to feel the stretch 2. Individuals should stop if they are in pain or resistance to moving body parts	2	1	2	(1-2) Individuals warming up or cooling down

Jamming- General

Hazard	What are the risks and potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled severity	Controlled likelihood	Controlled Risk Rating	Who is responsible for the control?
Doing new moves	Overexertion, overstretching, falling	Individuals attempting new moves	1. Individuals completing new moves should be supervised by the Aerial Coordinator	1	1	1	(1-5) Aerial CoOrdinator

			<ol style="list-style-type: none"> Only the Aerial CoOrdinator should teach complex or advanced moves Only moves which are approved by the Aerial CoOrdinator can be taught by individuals approved by the Aerial CoOrdinator who have the necessary skill and experience All teaching and learning new moves should be supervised by the Aerial CoOrdinator New moves should not be learned alone 				
Getting stuck	Bruises, friction burns, overstretching, fatigue, falling	Individuals on the aerial equipment	<ol style="list-style-type: none"> The Aerial CoOrdinator should supervise individuals doing moves they are less confident in doing The Aerial CoOrdinator should be ready to help individuals if they get stuck If a member gets stuck, they should immediately alert the Aerial CoOrdinator so they can help Only more experienced individuals should do moves they are comfortable with without supervision 	2	1	2	(1-3) Aerial CoOrdinator (3-4) Individuals using the equipment
Being taught by an unqualified instructor	Falling, injuries, friction burns, overstretching, pain if doing move wrong	Individual on the equipment being taught by an unqualified instructor	<ol style="list-style-type: none"> Only the Aerial CoOrdinator should teach complex or advanced moves Only moves which are approved by the Aerial CoOrdinator can be taught by 	2	1	2	(1-4) Aerial CoOrdinator

			<p>individuals approved by the Aerial CoOrdinator who have the necessary skill and experience</p> <ol style="list-style-type: none"> Individuals can only attempt new moves which the Aerial CoOrdinator deems appropriate for their skill level All teaching and learning new moves should be supervised by the Aerial CoOrdinator 				
Using the equipment inappropriately	Bruises, overstretching, overexertion, damage to equipment	Individuals using the equipment	<ol style="list-style-type: none"> Ensure that individuals know/remember instructions before they use equipment. The Aerial CoOrdinator should monitor use of the equipment and tell members to stop what they are doing if necessary Individuals should only use the equipment in a way that has been approved by the Aerial CoOrdinator If told to stop doing something by the Aerial CoOrdinator, members should stop immediately and not repeat that behaviour 	2	1	2	<p>(1-2) Aerial CoOrdinator</p> <p>(3-4) Individuals using the equipment</p>
Alcohol and drugs	Wouldn't be able to assess the risk themselves, unstable, lack of coordination, injure themselves	Individuals in the room	<ol style="list-style-type: none"> Individuals are not allowed to do aerial if they have been drinking alcohol or doing drugs 	3	1	3	<p>(1) Individuals using the equipment, Aerial CoOrdinator</p>

Jewellery	Catch on equipment and damage it and injure individuals wearing the jewellery	Individuals doing aerial	1. Individuals should not wear jewellery, especially necklaces, rings and earrings	2	2	4	(1) Individuals using the equipment
Zips	Damage equipment	Individuals doing aerial	1. Individuals should try not to wear clothes that have zips in	1	2	2	(1) Individuals using the equipment
Glasses		Individuals doing aerial	1. Wear prescription only glasses	1	1	1	(1) Individuals using the equipment

Jamming- Beginner

Hazard	What are the risks and potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled severity	Controlled likelihood	Controlled Risk Rating	Who is responsible for the control?
Individuals doing moves that are too difficult	Getting stuck, injuries, bruises, minor cuts	Individuals doing aerial	1. Individuals should not attempt moves above their skill level 2. Individuals should listen to the Aerial CoOrdinator	2	1	2	(1-2) Individuals doing aerial

Jamming- Intermediate

Hazard	What are the risks and potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled severity	Controlled likelihood	Controlled Risk Rating	Who is responsible for the control?
Individuals doing moves that are too difficult	Getting stuck, injuries, bruises, minor cuts	Individuals doing aerial	<ol style="list-style-type: none"> Individuals should not attempt moves above their skill level Individuals should listen to the Aerial CoOrdinator 	1	2	2	(1-2) Individuals doing aerial

Accessibility

Hazard	What are the risks and potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled severity	Controlled likelihood	Controlled Risk Rating	Who is responsible for the control?
Injuries	Worsening previous injuries, falling, bruises	Individuals taking part who are already injured	<ol style="list-style-type: none"> Individuals who are injured should not attempt moves which may worsen their injury Individuals should disclose any injuries to the Aerial CoOrdinator before the session starts The Aerial CoOrdinator should discuss what moves an individual can do with their injury 	2	2	4	(1-3) Individuals with an injury using the equipment (3) Aerial CoOrdinator

			before the session starts				
General Medical Conditions	Worsening condition, overexertion, fatigue	Individuals who have medical conditions	1. Individuals who have medical conditions should not attempt moves which may worsen their condition	2	1	2	(1) Individuals with existing medical conditions
Asthma	Struggling to breathe	Individuals with asthma	<ol style="list-style-type: none"> 1. Individuals with asthma should not take part in the session without their inhaler on hand 2. If struggling to breathe, individuals with asthma should stop what they are doing and take a break/drink water/use their inhaler 3. The Aerial CoOrdinator or another individual should be aware of where the individual's inhaler is so they can get it if necessary 	1	2	2	(1-3) Individual using the equipment with asthma (3) Aerial CoOrdinat or
Hypermobility	Pulling/straining muscles, dislocation	Individuals with hypermobility	<ol style="list-style-type: none"> 1. Individuals who have hypermobility should not overextend joints to avoid dislocations 2. Individuals with hypermobility should take a break if in pain 	3	1	3	(1-2) Individuals with hypermobility
Fatigue (CFS or similar)	Overexertion	Individuals with CFS or similar health conditions	<ol style="list-style-type: none"> 1. Individuals with CFS or similar conditions should only take part in what they feel they can manage 2. Individuals with CFS or similar conditions should take regular breaks when and if needed 	1	2	2	(1-2) Individuals with CFS or similar conditions using the equipment
Auditory Processing Disorder	Not understanding	Individuals with Auditory Processin	1. Instructions should be clear, concise, and easy to understand.	1	1	1	(1-5) Aerial

	instructions, bruises, falling	g Disorder or similar	2. Instructions should be given when all individuals participating are ready and listening. 3. Instructions should be accompanied by demonstrations of the moves. 4. Instructions should be repeated as many times as individuals deem necessary in order to understand. 5. Individuals should be monitored by the Aerial Coordinator while they do the move so that the Aerial Coordinator can give advice and make corrections when needed. 6. Individuals should not give other individuals instructions to avoid conflicting with what the Aerial Coordinator has said. 7. Instructions given by the Aerial Coordinator should not be interrupted by others to avoid confusion or distraction.				CoOrdinat or (2, 6-7) Individual using the equipment
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Sign Off

The undersigned believe this assessment to cover all significant risks associated with the above activity and accept their responsibilities for ensuring associated controls are in place

Authorisation			
Position	Print Name	Sign	Date
Health and Safety Officer	Holly Williams	H.E.Williams	24/07/25

Aerial Coordinator	Ellie Mulvanny		
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Please detail how this risk assessment will be communicated to all parties who must comply:

Communication			
Who needs to understand this assessment?	How will this be communicated to them?	Person Responsible	Date
LUMACS Exec Committee and Volunteers	Event Briefing	Health and Safety Officer	25/07/25
LUSU Events Team and Present Security Team	Email communication and event briefing if requested	Health and Safety Officer and Acting President	25/07/25

Risk Rating Guide

Below is a simple guide to help risk assessors determine the risk rating of each hazard identified.

A Risk Assessment should be 'Suitable and Sufficient'. That is to say:

- ◆ It should identify the risks arising in connection with the activity.
- ◆ The level of detail included should be proportionate to the risk.
- ◆ It must consider all those who might be affected i.e. staff, students, etc.
- ◆ It should be appropriate to the activity and should identify the period of time for which it is to remain valid.;

Risk = Likelihood X Severity

Likelihood	
Very Unlikely	0
Unlikely	1
Possible	2
Likely	3
Very Likely	4
Certain	5

The Severity		
No Action	No injury	0
First Aider	Bruising, minor cuts, grazes	1
Doctor	Strains, Sprains, concussion	2
A & E 1	Loss of consciousness, blood loss, burns, breaks or injury resulting in Visit to A&E. Other non-permanent chemical effects. Corrosive toxic, flammable substances, mild chemical irritation of eyes or skin. Harmful, irritant substances	3
A & E 2	Permanent /partial/total disablement or other reportable injury/disease	4
Death	Single Death or Multiple Death	5

Likelihood	Severity					
	Death	A&E2	A&E1	Nurse Unit	First Aider	No Action
Certain	25	20	15	10	5	0
Very Likely	20	16	12	8	4	0
Likely	15	12	9	6	3	0
Possible	10	8	6	4	2	0
Unlikely	5	4	3	2	1	0
Very Unlikely	0	0	0	0	0	0

Risk Rating	Score	Action
Trivial Risk	0 - 2	No further action required unless incidents occur
Low Risk	3 - 4	No additional controls may be needed overall, but specific hazards may be reduced. Monitoring is required to ensure controls are maintained. Review if an incident occurs or more effective controls become available.
Moderate Risk	5 - 10	Efforts should be made to reduce the risk over a defined period of time.
High Risk	12 - 16	Work should not be started until the risk has been reduced. If work is in progress Urgent action should be taken to reduce or control risks.
Intolerable Risk	20 - 25	The activity should cease until risks have been reduced to an acceptable level.