

Risk assessment

Walk the activity, write what you see, review on the date you set. The examples show the working level of detail; replace them with yours.

Free template from SportsHQ (www.sportshq.app). Adapt freely; check your own constitution and governing body rules where flagged.

[Club name] | Activity or area assessed: [what] | Assessed by: [who] | Date: [when]

Severity and likelihood, in plain words

- Ask of each hazard: how badly could this hurt someone, and how likely is it on a normal day?
- Anything that could hurt someone seriously AND could plausibly happen needs a control now, not a note.

The assessment

Hazard	Who is at risk	Existing controls	Further action, owner	Review date
Example: slippery ramp at the water's edge	All members, visitors	Non-slip surface fitted, hose-down after sessions	Re-grit before winter - facilities lead	[date]
Example: new members using equipment unsupervised	New members	Induction session before first solo use, buddy list	Written sign-off record - session lead	[date]
[Your hazard]				

Sign-off and review

Assessed by, name and date: _____

Next review due (put it in the club calendar now):
