



UNIVERSITY OF
LINCOLN



Risk Assessment Advice for Ice Skating Coaches

A Project Endorsed Through NISA Undertaken by the University of Lincoln

Natalie Ward and Alexandra Lilley

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Why Complete Risk Assessments?

A risk assessment helps to identify what harm could result from an activity or situation and what control measures are needed. It involves thinking about: what you want to do, what could go wrong, and what you do to stop it going wrong.

The earlier in planning an activity that you start thinking about risk, the easier it will be to plan and implement control measures.

You don't have to write a risk assessment for everything that you do only when you think there is going to be a significant risk.

Whilst the ice rink will have their own risk assessments by law; it is important for coaches to also complete separate risk assessments for private lessons to ensure the safety of all skaters and to cover the coach in case of an accident.

- Safety of both coach and students
- Awareness of current risks and strategies to overcome them
- Insurance policy
- Parental ease of mind

Current Potential Risks

On our visits to the ice rink; we observed individual lessons, speed skating and also synchronised skating. Here is a list of general potential risks that we identified;

- Collisions
- Trips/ falls leading to minor or major Injuries
- Surface (chip in ice, excess water, snow, obstacles)
- Condition of skates
- Etc.

Due to the nature of ice skating and its various sporting disciplines, many if not all of the risks involved come from the extremeness of the sport, whilst we cannot control these risks, there are many strategies that can be employed to reduce the likeliness of such risks occurring/minimising the damage should the risks occur.

For example, tripping and falling are common risks when ice skating, and we have little control over this happening, however when coaching we teach the basics of ice skating firstly before moving forward to more difficult skills which may aid the athletes skill level in order to reduce times falling over, padding can be available to reduce the risk of injury, and we can advise athletes on how to fall to reduce the likelihood of injury.

Completing Risk Assessments

Section 1 – Location

Details of the activities location have to be noted alongside the date and the accountable manager (this would often be the coach).

Section 2 – Details of Further Action Required to Control Risks.

This section is required when a potential risk requires further action than current strategies.

Section 3 – Summary of Risks

Overall outcome from the risk assessment form

Section 4 – Evaluation

Signature & Date

When completing risk assessment forms, the format is to note down the risk along with a number scale of how severe the outcome of that risk would be prior to implementation of risk prevention strategies, secondly the prevention strategy would be noted down followed by another number from the scale of severity, which should now be a lower number due to the safety precautions taken.

Once all the risks and the safety precautions have been evidenced, you will now have to add up the final numbers and see where your activity sits on the acceptability scale, this information is all clearly located on every risk assessment form. An example risk assessment form can be seen on the following page.

RISK ASSESSMENT SUMMARY SHEET – FIGURE SKATING

1. Location

Building: Department: Accountable Manager:	Assessment Date: Re-assessment Date: Risk assessment team members:
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2. Details of further action necessary to control risk (with dates)

Task	Action	Who is Responsible	Date

3. Summary of risks (with controls in place)

Assessment of risk	Low		Medium		High		Very High	
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Risk to Pregnant Workers?	Yes		No	
Or to Disabled Workers?	Yes		No	

4. Evaluation

This assessment is an accurate statement of the known hazards, risks and precautions. I certify that the control measures will prevent or, if this is not possible, control the risk subject to the level shown in section 3 (above) and that staff will be adequately trained and supervised, and the identified control measures implemented. The contents of this assessment will be communicated to staff and all relevant persons.

Signature of Assessor:	Date:
Signature of Accountable Manager (if not Assessor):	Date:

Probability of Injury/Loss/Harm (P)		Severity of Injury/Loss/Harm (S)	
1	Very Unlikely	1	Minor Mild bruising, minor cuts, mild chemical irritation to eyes or skin. No absence from work or absence of less than 3 days.
2	Possible	2	Serious Loss of consciousness, burns, breaks or injury resulting in absence from work for more than 3 days. Other non-permanent chemical effects.
3	Probable	3	Major Permanent disability or other reportable injury or disease.
4	Very Likely	4	Fatal Death
			Minor property damage
			Serious property damage confined to the workroom or area
			Major property damage affecting the building
			Property damage affecting the loss of one or more buildings

Risk Assessment Detail Sheet

General hazards

Task	Hazard	Who might be harmed	Before Controls (Initial risk)			Control Measures (Existing)	Control Measures (Proposed)	After Controls (Revised risk)		Overall Risk
			P	S	3+			P	S	

Highest Score on any line

Risk Assessment: Low Medium High

Score	Overall Risk	Acceptability
1 - 5	Low risk	Reasonably acceptable risk. Modify wherever possible. Implement control measures. Monitor.
6 - 12	Medium risk	Tolerable risk. Review and modify wherever possible. Enforce control measures. Review regularly. Monitor.
13 - 16	Very High risk	Unacceptable risk. Stop work and modify urgently. Enforce control measures.

Examples of Current Risks and Safety Strategies Specific to Ice Skating Disciplines

Individual Lessons on Public Ice

- Busy ice – increased risk of collisions and injury
- Various level of skater on the ice at the same time
- Mixture of public/ hockey skaters/ figure skaters
- Clothing

Strategies in place to overcome

- Limit on skills allowed to be taught on public sessions
- Maximum capacity

Speed skating

- High risk of collision with other skaters due to close proximity
- High risk of collision with boards
- Longer skates could be a hazard

Strategies in place to overcome

- Padding around boards
- Helmets compulsory
- Padding and goggles available

- Fitted clothing
- Group split in half to minimise amount of skaters at one time

Synchronised skating

- High risk of collision with teammates
- If one skater falls, highly likely another with trip over them
- Complex movements
- Risk of being dropped in lifts
- Obstruction of ice due to props (show?)
- Clothing

Strategies in place to overcome

- Clothing provided by team
- Emphasis on spatial awareness and distance between skaters

Risk Assessment Detail Sheet

General hazards

Task	Hazard	Who might be harmed	Before Controls (Initial risk)			Control Measures (Existing)	Control Measures (Proposed)	After Controls (Revised risk)		Overall Risk
			P	S	3+			P	S	
Forward crossovers	Tripping – risk of injury to the heads or limbs. Collisions.	Skater/other skaters on the ice.	4	3	Y	Correct technique taught & basic skills taught previously & padding available.	-	2	1	2
Backward crossovers	Tripping – risk of injury to the heads or limbs. Collisions.	Skater/other skaters on the ice.				Correct technique taught & basic skills taught previously & padding available.	-	2	1	2
								Highest Score on any line		2
Risk Assessment:			Low	<input checked="" type="checkbox"/>	Medium	<input type="checkbox"/>	High	<input type="checkbox"/>		

Score	Overall Risk	Acceptability
1 – 5	Low risk	Reasonably acceptable risk. Modify wherever possible. Implement control measures. Monitor.
6 – 12	Medium risk	Tolerable risk. Review and modify wherever possible. Enforce control measures. Review regularly. Monitor.
13 – 16	Very High risk	Unacceptable risk. Stop work and modify urgently. Enforce control measures.

RISK ASSESSMENT SUMMARY SHEET – FIGURE SKATING

3. Location

Building: Department: Accountable Manager:	Assessment Date: Re-assessment Date: Risk assessment team members:
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2. Details of further action necessary to control risk (with dates)

Task	Action	Who is Responsible	Date

3. Summary of risks (with controls in place)

Assessment of risk	Low		Medium		High		Very High	
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Risk to Pregnant Workers?	Yes		No	
Or to Disabled Workers?	Yes		No	

4. Evaluation

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Signature of Assessor:	Date:
Signature of Accountable Manager (if not Assessor):	Date:

Probability of Injury/Loss/Harm (P)		Severity of Injury/Loss/Harm (S)	
1	Very Unlikely	1	Minor Mild bruising, minor cuts, mild chemical irritation to eyes or skin. No absence from work or absence of less than 3 days.
2	Possible	2	Serious Loss of consciousness, burns, breaks or injury resulting in absence from work for more than 3 days. Other non-permanent chemical effects.
3	Probable	3	Major Permanent disability or other reportable injury or disease.
4	Very Likely	4	Fatal Death
			Minor property damage
			Serious property damage confined to the workroom or area
			Major property damage affecting the building
			Property damage affecting the loss of one or more buildings

Risk Assessment Detail Sheet

General hazards

Task	Hazard	Who might be harmed	Before Controls (Initial risk)			Control Measures (Existing)	Control Measures (Proposed)	After Controls (Revised risk)		Overall Risk
			P	S	3+			P	S	

Risk Assessment: Low Medium High Highest Score on any line

Score	Overall Risk	Acceptability
1 - 5	Low risk	Reasonably acceptable risk. Modify wherever possible. Implement control measures. Monitor.
6 - 12	Medium risk	Tolerable risk. Review and modify wherever possible. Enforce control measures. Review regularly. Monitor.
13 - 16	Very High risk	Unacceptable risk. Stop work and modify urgently. Enforce control measures.

RISK ASSESSMENT SUMMARY SHEET – SHORT TRACK

4. Location

Building: Department: Accountable Manager:	Assessment Date: Re-assessment Date: Risk assessment team members:
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2. Details of further action necessary to control risk (with dates)

Task	Action	Who is Responsible	Date

3. Summary of risks (with controls in place)

Assessment of risk	Low		Medium		High		Very High	
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Risk to Pregnant Workers?	Yes		No	
Or to Disabled Workers?	Yes		No	

4. Evaluation

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Signature of Assessor:	Date:
Signature of Accountable Manager (if not Assessor):	Date:

Probability of Injury/Loss/Harm

(P)

1	Very Unlikely
2	Possible
3	Probable
4	Very Likely

Severity of Injury/Loss/Harm (S)

1	Minor	Mild bruising, minor cuts, mild chemical irritation to eyes or skin. No absence from work or absence of less than 3 days.	Minor property damage
2	Serious	Loss of consciousness, burns, breaks or injury resulting in absence from work for more than 3 days. Other non-permanent chemical effects.	Serious property damage confined to the workroom or area
3	Major	Permanent disability or other reportable injury or disease.	Major property damage affecting the building
4	Fatal	Death	Property damage affecting the loss of one or more buildings

Risk Assessment Detail Sheet

General hazards

Task	Hazard	Who might be harmed	Before Controls (Initial risk)			Control Measures (Existing)	Control Measures (Proposed)	After Controls (Revised risk)		Overall Risk
			P	S	3+			P	S	

Risk Assessment: Low Medium High Highest Score on any line

Score	Overall Risk	Acceptability
1 - 5	Low risk	Reasonably acceptable risk. Modify wherever possible. Implement control measures. Monitor.
6 - 12	Medium risk	Tolerable risk. Review and modify wherever possible. Enforce control measures. Review regularly. Monitor.
13 - 16	Very High risk	Unacceptable risk. Stop work and modify urgently. Enforce control measures.

RISK ASSESSMENT SUMMARY SHEET – SYNCHRONISED SKATING

5. Location

Building: Department: Accountable Manager:	Assessment Date: Re-assessment Date: Risk assessment team members:
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2. Details of further action necessary to control risk (with dates)

Task	Action	Who is Responsible	Date

3. Summary of risks (with controls in place)

Assessment of risk	Low		Medium		High		Very High	
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Risk to Pregnant Workers?	Yes		No	
Or to Disabled Workers?	Yes		No	

4. Evaluation

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	1 Very Unlikely	1	Minor	Mild bruising, minor cuts, mild chemical irritation to eyes or skin. No absence from work or absence of less than 3 days.	Minor property damage
	2 Possible	2	Serious	Loss of consciousness, burns, breaks or injury resulting in absence from work for more than 3 days. Other non-permanent chemical effects.	Serious property damage confined to the workroom or area
	3 Probable	3	Major	Permanent disability or other reportable injury or disease.	Major property damage affecting the building
	4 Very Likely	4	Fatal	Death	Property damage affecting the loss of one or more buildings

Risk Assessment Detail Sheet

General hazards

Task	Hazard	Who might be harmed	Before Controls (Initial risk)			Control Measures (Existing)	Control Measures (Proposed)	After Controls (Revised risk)		Overall Risk
			P	S	3+			P	S	

Highest Score on any line

Risk Assessment: Low Medium High

Score	Overall Risk	Acceptability
1 - 5	Low risk	Reasonably acceptable risk. Modify wherever possible. Implement control measures. Monitor.
6 - 12	Medium risk	Tolerable risk. Review and modify wherever possible. Enforce control measures. Review regularly. Monitor.
13 - 16	Very High risk	Unacceptable risk. Stop work and modify urgently. Enforce control measures.