Risk Assessment Advice for Ice Skating

Coaches

A Project Endorsed Through NISA Undertaken by the University of Lincoln

Natalie Ward and Alexandra Lilley
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

<table>
<thead>
<tr>
<th>Building:</th>
<th>Assessment Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department:</td>
<td>Re-assessment Date:</td>
</tr>
<tr>
<td>Accountable Manager:</td>
<td>Risk assessment team members:</td>
</tr>
</tbody>
</table>

2. Details of further action necessary to control risk (with dates)

<table>
<thead>
<tr>
<th>Task</th>
<th>Action</th>
<th>Who is Responsible</th>
<th>Date</th>
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3. Summary of risks (with controls in place)

<table>
<thead>
<tr>
<th>Assessment of risk</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
<th>Very High</th>
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<tbody>
<tr>
<td>Risk to Pregnant Workers?</td>
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4. Evaluation

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Probability of Injury/Loss/Harm

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<th>(P)</th>
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<tbody>
<tr>
<td>1 Minor</td>
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</tr>
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<td>2 Serious</td>
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</tr>
<tr>
<td>3 Major</td>
<td>Probable</td>
</tr>
<tr>
<td>4 Fatal</td>
<td>Very Likely</td>
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</tbody>
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| 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 |
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| 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

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### Risk Assessment:

- **Very High**: Unacceptable risk. Stop work and modify urgently. Enforce control measures.

### Score

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<thead>
<tr>
<th>Score</th>
<th>Overall Risk</th>
<th>Acceptability</th>
</tr>
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<tbody>
<tr>
<td>13-16</td>
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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
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3 Major Permanent disability or other reportable injury or disease.

4 Fatal Death

Property damage affecting the loss of one or more buildings
### Risk Assessment Detail Sheet

**General hazards**

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### Risk Assessment:

- Low X
- Medium
- High

- **Score**
  - **1 - 5** Low risk
  - **6 - 12** Medium risk
  - **13 - 16** Very High risk
    - Unacceptable risk. Stop work and modify urgently. Enforce control measures.
RISK ASSESSMENT SUMMARY SHEET – FIGURE SKATING

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Probability of Injury/Loss/Harm

1. Very Unlikely
2. Possible
3. Probable
4. Very Likely

Severity of Injury/Loss/Harm (S)

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<tr>
<th>(P)</th>
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<td>Permanent disability or other reportable injury or disease.</td>
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<td>3</td>
<td>Fatal</td>
<td>Death</td>
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|  |  |  | P | S | 3+ |  |  | P | S | P x S |

Risk Assessment: Low | Medium | High | Highest Score on any line |

Score | Overall Risk | Acceptability
--- | --- | ---
13 - 16 | Very High risk | Unacceptable risk. Stop work and modify urgently. Enforce control measures. |
## RISK ASSESSMENT SUMMARY SHEET – SHORT TRACK

### 4. Location

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### Probability of Injury/Loss/Harm (P)

| 1 | Very Unlikely | 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 | 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 | Permanent disability or other reportable injury or disease. | Major property damage affecting the building |
| 4 | Very Likely | Death | Property damage affecting the loss of one or more buildings |

### 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
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   - 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

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<td>P</td>
<td>S</td>
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**Risk Assessment:**

- Low
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RISK ASSESSMENT SUMMARY SHEET – SYNCHRONISED SKATING

5. Location

Building: 
Department: 
Accountable Manager: 
Assessment Date: 
Re-assessment Date: 
Risk assessment team members:

2. Details of further action necessary to control risk (with dates)

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Highest Score on any line

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