

OXFORD UNIVERSITY SKI & SNOWBOARD CLUB RISK ASSESSMENT 2009/2010

Activities usually carried out by the Ski & Snowboard Club are;

1. *Regular Training (dryslope at Hemel Hempstead) every Tuesday.*
2. *Varsity Match (abroad) – Val Thorens, France, December 2007.*
3. *BUSC Championships – Saalbach Hinterglemm, Austria, 21 March – 5 April 2008.*
4. *BUDS National Finals – Midlothian, 9 – 10 November 2007.*
5. *Summer Training Trips – TBC, summer 2008.*
6. *Cuppers – At the Milton Keynes Snow Dome, 12th November.*

The Ski & Snowboard club cover the following: dryslope racing, freestyle, snowboarding, snow racing.

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
<p>General Accidents:</p> <p>Collisions with other skiers, lifts and rocks. Possible breaks to limbs, concussion, open wounds, facial injuries, muscle injuries and worst case scenario – fatalities.</p> <p>Accidents:</p> <p>Snowboarding - more injuries are wrist, shoulders and head injuries.</p> <p>Ski injuries are more lower limb (1/3rd) and some head injuries.</p>	<p>General advice on slope etiquette is posted around the resort. Caution advocated. Ski Patrol Officer in resort at hand to assist. Each skier must stay aware of the risks and always be on the lookout for the people around and be especially careful when stopping on the slope.</p> <p>The Club and members should follow the general Ski-Code:</p> <ul style="list-style-type: none"> • Respect for others. • Control of speed. • Choice of route. • Overtaking. • Starting or entering a piste. • Stopping on the piste. • Climbing and descending on foot. • Respect for signs and markers. • Assistance at accidents and identification. <p>For snowboarders the wearing of wrist protectors can help reduce injuries to the wrist.</p>	<p>a) Low (minor injuries)</p> <p>b) Low but potentially fatal (major injuries, e.g. fractures)</p>	<p>General procedure is to alert the ski patrol to the accident, who will then cas-evac to the nearest hospital by land or air as well as providing emergency treatment/first aid.</p>

<p><u>Equipment:</u></p> <p>Hazard: Ill fitting boots and bindings may cause injury to over lax release of the boot or overzealous boot retention in fall.</p>	<p>Responsibility for correct adjustment delegated to the professional ski hire staff who must supply most members. Skiers should refrain from swapping equipment.</p>	<p>Very low (potential for lower limb fractures and dislocations)</p>	<p>Information can be given to population of a ski trip on the hazards of swapping equipment or adjusting their own equipment beyond the recommendation of a professional ski hire technician.</p>
<p><u>Lifts:</u></p> <p>Improper use of ski-lifts resulting in injury e.g. possible falls.</p>	<p>Resort staff to supervise lifts, stopping them if there are any such problems and dissuading improper use.</p>	<p>a) Very low (minor injuries) b) Low (major injuries, e.g. due to falling off chairlift)</p>	<p>Information can be given on the hazards of abusing the lifts to the population of the trip.</p>
<p><u>Environment:</u></p> <p>Hazard: Sunburn, sunstroke, sun blindness Hazards: Hypothermia</p>	<p>Advice given to skiers to wear high factor sunscreen, hat, 100% UV protective glasses/goggles and plenty of warm clothes in cold weather.</p>	<p>a) Low (sunburn) b) Low but potentially fatal (hypothermia) c) Very low (sun blindness/stroke)</p>	<p>Instructors to offer advice on unsuitable clothing.</p>
<p><u>Environment:</u></p> <p>Hazard: Sunburn, sunstroke, sun blindness Hazards: Hypothermia</p>	<p>Advice given to skiers to wear high factor sunscreen, hat, 100% UV protective glasses/goggles and plenty of warm clothes in cold weather.</p>	<p>a) Low (sunburn) b) Low but potentially fatal (hypothermia) c) Very low (sun blindness/stroke)</p>	<p>Instructors to offer advice on unsuitable clothing.</p>
<p><u>Natural Hazards:</u></p> <p>Hazard: snow drifts, avalanches, crevasses, falling trees, weather changes leading to poor visibility and increased chance of injury and/or accident.</p>	<p>Compliance with Resort advice on permissibility of slope safety, checking weather regularly. Always ski on designated slopes not off-piste in groups and make sure friends/committee know where you plan to ski and approximate return time. For avalanche information, refer to guidelines laid down by most websites: www.ski-insurance.com</p>	<p>a) Very low (minor injuries) b) Low (potential fatality, major injuries)</p>	<p>Trip members advised to check avalanche/weather warnings every day.</p>
<p><u>Race Training</u></p> <p>Hazards: Faster speeds involved with higher possibility of accidents e.g. injuries from hitting poles, broken elbows, kneecap injuries, concussion, straddling poles etc.</p>	<p>Instructors present on specially designated slopes during racing and race training to supervise and prevent skier collisions and increase safety. Appropriate safety equipment will reduce the risks (hand/arm/pole guards, leg protection, shin guards, helmets and body armour)</p>	<p>a) Low (minor injuries) b) Medium (potentially fatal, major injuries including severe fractures, mainly resulting from collision with other racers)</p>	<p>Those race training to be briefed by instructors on the dangers specific to a race training environment, e.g. proximity of training lanes as well as actions on (falling, having someone ski across you etc.).</p>

<p><u>Socials</u></p> <p>Hazards: Injuries resulting from too much alcohol</p>	<p>Committee members must ensure that members do not consume too much alcohol and bring the club into disrepute.</p>	<p>a) Very low (minor injury)</p> <p>b) Low but potentially fatal (in mountains, can result in death from hypothermia)</p>	
<p><u>Night ski-ing</u></p> <p>Hazards: collision with other skiers/objects (e.g. trees, piste markers) can result in minor and major injuries, even fatalities Hypothermia is a possibility</p>	<p>If offered, resort will have one or two brightly lit, wide slopes with ski patrol present. Light conditions are similar to daytime skiing, main variable is temperature. Advice on clothing offered. Reminder of “ski code”</p>	<p>a) Low (minor injuries)</p> <p>b) Low (major injuries, e.g. fractures)</p>	
<p><u>Dry-slopes – Hemel Hempstead Ski Centre/Brentwood Park Ski Centre</u></p> <p>Hazards: catching of thumb, hand, knee etc. Grazes, friction burns and Bruising from falling. - - Hazard: Injury due to adverse contact with the slalom gate. Hazard: Injury due to collision with another skier. For the above two the injuries which are sustained can be variable (major and minor)</p>	<p>Hemel Hempstead have terms and conditions of use. Minimum clothing for dry slope use is: a) Gloves, long sleeves and long trousers. These are required to reduce the chance of grazing etc. b) Helmets are required which dramatically reduce the risk of head injuries. First Aid available on site. Protective equipment used. First Aid available on site Protective equipment used. Priority on slope when training.</p>	<p>Likelihood x Severity</p> <p>a) Low b) Medium</p> <p>Low</p>	<p><u>For Cuppers Events</u> – OUSSC will ensure that an easy course is set, that weaker skiers abilities are taken into account and that all Cuppers Captains are briefed prior to the Cuppers event. Rules are to be circulated to all teams. Exclusive use of the training slope for the entire period of the competition.</p>

<p><u>Varsity Match (Abroad)</u></p>	<p>Instructors will be positioned at the top, bottom and part-way through the length of the courses to prevent people from crossing the race track and to alert the starters of anything impeding the race track, e.g. fallen racer, displaced gate, dropped pole.</p> <p>Helmets will be made mandatory for all racers in all disciplines.</p> <p>The course will be set by experienced instructors who will take into account the skill level of people involved.</p> <p>The course will be 'slipped' regularly to reduce the size of 'ruts' (build up of soft snow at the outside of a turn), which are normally the main reason for racers falling.</p> <p>The mountain authorities will supply their normal safety cover to provide emergency medical and cas-evac services.</p>	<p>a) Very low (minor injuries due to falling/adverse contact with a gate)</p> <p>b) Low (major injuries, including severe fractures due to high speed fall)</p>	<p>If a Super-G is raced, then the instructors will have the final say on who is to race. Racers will be excluded if it is felt that there would be a greater than acceptable risk if they were to compete.</p>
<p><u>Milton Keynes Snow Dome</u></p> <p>Same hazards as in general skiing, freestyle is slightly more hazardous due to the nature of the activity.</p> <p>This venue is however less hazardous than using a dry slope as the base is real snow so is softer than conventional dry slopes found in England.</p>	<p>Milton Keynes have terms and conditions of use.</p> <p>a) correct attire must be worn at all times (it's cold, full ski clothing is thoroughly recommended)</p> <p>b) When attending freestyle events helmets must be worn at all times, people must also be of an adequate standard as judged by an instructor before attempting any course.</p>	<p>a) Very low (minor injuries due to falling)</p> <p>b) Low (major injuries, including severe and important fractures due to awkward falls)</p>	<p><u>For Cuppers Events</u> – OUSSC will ensure that an easy course is set, that weaker skiers abilities are taken into account and that all Cuppers Captains are briefed prior to the Cuppers event. Rules are to be circulated to all teams.</p> <p>Exclusive use of the training slope for the entire period of the competition.</p>

<p><u>Poor Quality Instruction</u></p>	<p>Dry Slopes: Instruction at dry ski slopes is provided by the facility. Fully qualified instructors/coaches who undergo stringent training and testing are used. For race training, instructors are often ex-racers of a high calibre, normally with over a decade of experience.</p> <p>Snow: Instruction at resorts is provided by qualified Ski Schools and qualified instructors. For race training, instructors have often been instructing for well over a decade.</p>	<p>a) Very low (dry slope) b) Very low (snow)</p>	<p>The club have no instructors currently affiliated as instructors to Snowsport England, the NGB. However, unless instructors are employed by the dry slope where training/instruction is taking place, they will not be allowed to instruct.</p>
<p><u>Excessive Alcohol Consumption</u></p>	<p>Injuries and accidents can occur through the excessive consumption of Alcohol. Skiers should be aware of the need to not ski having consumed large amounts of alcohol.</p>	<p>a) Very low (minor injuries) b) Low (major injuries, e.g. fractures)</p>	<p>Instructors to persuade those still under the influence of alcohol not to go skiing.</p>
<p><u>Travel</u> Road accidents in hired mini-buses when travelling to OUSSC away venues. Road accidents involving the use of private cars.</p>	<p>Drivers not to exceed seating limit. The driver must not have consumed alcohol prior to driving. Advice given to passengers to wear seatbelts. Driver to be properly qualified. Vehicle to be checked and suitable for use before departure. Drivers to comply with Road Traffic Act. Insist on seatbelts being worn, not distracting driver whilst s/he is driving, not obstructing minibus gangways with bags.</p> <p>Driving abroad may involve the use of snow chains dependant on the weather conditions.</p>	<p>Low but potentially fatal</p>	<p>All Trip Registration Forms are to be sent a day (by 5.00pm on Thursday) before weekday fixtures or weekend fixtures to the Sports Federation.</p> <p>For trips abroad, Trip Registration Forms must be submitted one month ahead of the trip to the Sports Federation. They will then be forwarded to the University Insurance Department and Security Services.</p> <p>If the club has a major accident and/or incident which involves the member going to Hospital or the Emergency Services being called then the club have the chance to contact the University Security Services Emergency Line on (01865) 289999 who will offer advice and assistance. Security Services will contact the Press Office, the college(s) of the injured person(s) and the key personnel within the Sports Department who can help.</p>