



RISK ASSESSMENT (RA)

Activity Category (Note 1):	Ergometers		Reference Documents/Comments (Note 8)
Sub Activities (Note 2)::	Concept rowing machine Paddlesport ergo		Concept 2 Row erg manual
RA Ref No (Note 3):	RA19		
RA Type (Note 4):	SPECIFIC		
Date of RA (Note 5):	Thursday, 01 January 2026		
Review Frequency (Note 6):	ANNUAL		Derwenthaugh Boat Station
Next Review Date (Note 7):	Wednesday, 31 March 2027		

Activity Category- Sub Activities (Note 10)	Hazards (something with a potential to cause harm) (Note 11)	Consequences Likelihood/Severity (Note 12)	Who and/or What is at risk (Note 13)	Control Measures (CM) Practical and evidence based, including assurance activities. New CMs required in RED Text: (Note 14)
Responsibility	- Misuse of equipment	Injuries	All	- This activity should be supervised by a responsible adult. Cadets should only use these machines during an approved activity. No skylarking
Maintenance	-Equipment failure	Use of this machine with a worn or weakened part, such as the chain, sprockets, chain/swivel connector, handle U-bolt or shock cord, may result in injury to the user. When in doubt about the condition of any part, Concept2 strongly advises that it be replaced immediately. Use only genuine Concept2 parts. Use of other parts may result in injury or poor performance of machine.	All Users	- Machines should be checked according to the manufacturer's guidelines
Setting up the machine	Injuries	Minor injury	All Users	- The machine should be used on a stable, level surface. -
Installing the machine	Equipment damage	Equipment damage likely	All Users	- The machine should NOT be bolted or permanently fixed to the floor. Doing so may result in permanent damage to the frame. -
Using the machine	Supervision	Minor injuries to fingers	All Users	WARNING: Keep unsupervised cadets away from the equipment. Keep fingers and clothing away from seat rollers. Seat rollers can cause injury. -

Activity Category- Sub Activities (Note 10)	Hazards (something with a potential to cause harm) (Note 11)	Consequences <i>Likelihood/Severity</i> (Note 12)	Who and/or What is at risk (Note 13)	Control Measures (CM) <i>Practical and evidence based, including assurance activities.</i> New CMs required in RED Text: (Note 14)
Using the machine - posture	Misuse of equipment	Back injury	All users	- Do not row with one hand Pull straight back with both hands hand only. Abuse of the chain can result in injury. See diagram in the manual. -
Using the machine	Misuse	Damage	equipment	Place handle against the chain guide or in handle hooks before letting go. Do not let handle fly into chain guide.
Moving machine	Machine collapsing	Injury	All users	- Always put the frame lock in the locked position when the flywheel and monorail sections are connected and before moving the Rowing Ergo. Failure to do so may result in injury if the unit is lifted or moved. - To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the frame lock. -
Wired to computer	Trips	Falling injury and /or equipment damage	All users	- If machine is linked up to a computer then ensure cables are not a trip hazard. Either tape cables to the floor or create a no thru zone.

ACCEPTANCE AND AUTHORISATION	Name	Role/Post	Comments	Date
Original Assessor (Note 15)	A Simpson	Facilities Manager		01/01/2026
Additional/Exceptional controls implemented by? (Note 16)				
RA Approval (Note 17)	W Shepherd	Chair		01/01/2026
RA Approval (Note 18)	D Finlay	Principal		07/01/2026

RA 1 Guidance Notes:

Note No	Text (From RA1 Form)	Aid Memoir (Refer definitions covered earlier in this guidance document)
1	Overall Activity	- This is overall activity e.g. Litter picking as a community project
2	Sub Activities	- Sub activities taking place as part of the overall activity Travelling to/from the location, litter picking, Stand Easy etc
3	RA Ref No	- Decide on a local document numbering convention and place the Ref No here, - It is also useful to have a RA Register with the number convention confirmed. - For Unit activities that are on Westminster, use the Westminster activity reference as part of the numbering convention.
4	RA Type	- Are you creating a new specific RA or using an existing generic version? A dropdown box is provided to choose Generic or Specific - If using a 'Generic' risk assessment, assessors are to satisfy themselves that it is valid for the task and that all significant hazards have been identified and assessed. - When additional hazards are identified they are to be recorded and the generic assessment updated. - Where a generic RA is not available, for example where it is a one-off task , a specific risk assessment should be conducted. - The RA may also identify the need to undertake specialist RA e.g. COSHH, Manual handling, Fire, Workstation, templates for these RAs are on the T&A
5	Date of RA	- Use date selector
6	Review Frequency	- A dropdown box is provided with Annual or 6 Monthly or Other. Where other is selected place some covering text in box next to the period. - Part of the RA Process requires that RAs are reviewed periodically. - Risk Assessments are to be reviewed: - At frequency that is appropriate to the level of risk of the activity (e.g., high risk - potentially each time the activity is to be conducted or at least 6 monthly; medium risk review control measures and improve if reasonably practicable to do so; 6 monthly or at least annually; low risk – annually) - As outlined by local instructions/procedures - If there is any reason to doubt the effectiveness of the risk assessment. - Following an Incident - Prior to use after additional control measures have been implemented and signed off. - Prior to significant changes to the task, process, or procedure. - Prior to the introduction of a vulnerable person(s).
7	Next Review Date	- Use date selector

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8	Reference Documents/Comments	- List any standards, regulations, procedures or guidance referenced during the RA process. - Add comments to support the risk assessment, make it clear what the activity is.
9	Location/s	- List location/s involved in the activity, this could include: - How you travel to/from the activity, where there several sites for the same activity, etc
10	Activity Category-Sub Activities	- Try to break the activity down in sub activity/s. - Example, could be: - Travelling to the location - Travelling back - Different activities at the location - Emergency planning
11	Hazards something with a potential to cause harm	- Defined as 'Something with a potential to cause harm'. - Carefully look at the activities involved and walk through each activity in detail, look for the hazards e.g. cable across a walkway, loose paving slab outside a unit, hazardous cleaning equipment, poorly maintained electrical equipment, lifting heavy equipment, etc. - You may need to talk to subject matter experts to fully understand the hazards
12	Consequences Likelihood/Severity	- Probably the most important step within the process, however this is a step that you undertake on regular basis as part of life, crossing the road, driving a car etc. - Likelihood - Look at the hazard and determine how likely is that someone could be harmed by the hazard. If we use an example above 'Loose slab', all the time there is no one using that walkway the likelihood is low, change this to parade night on a dark winters evening, and the likelihood of an injury has increased considerably. - Severity – Regardless of how likely it is, how severe will the outcome be from an injury point of view e.g. could it be fatal or lead to a major injury or would it be fairly minor?
13	Who and/or What is at risk	- Talk to those that may be involved in the activity, walk through the activity planning with them and ask them about their concerns. - Think about vulnerable people, young people, those with a disability or, medical condition and their capability to undertake the activity, - Think about those not directly taking part in the activity such as the public or the emergency services who may attend if something goes wrong.
14	Control Measures (CM) CMs not yet in place in RED Text:	- This section is all about controlling the identified risks - Look at what you're already doing, and the controls you already have in place. - Ask yourself: can I get rid of the hazard altogether? - If not, how can I control the risks so that harm is unlikely? It is always difficult to reduce the severity! - If you need further controls, consider:

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		- Redesigning the activity replacing the materials, equipment or process - Organising the activity to reduce exposure to the materials, equipment or process identifying and implementing practical measures needed to work safely - Providing personal protective equipment and making sure people involved wear it. - Control in Red Text, means these are controls that are not yet in place and need to progressed prior to the activity taking place. - What reasonably practicable means: - Put the controls you have identified in place. - You're not expected to eliminate all risks but you need to do everything 'reasonably practicable' to protect people from harm. - This means balancing the level of risk against the measures needed to control the real risk in terms of money, time or trouble
15	Original Assessor	- This is the person who is undertaking the risk assessment. This person should a competent person who is used to undertaking risk assessments. - Ideally the person should have completed some formal risk assessment training through the DLE (Managing Safely training course, MSSC Online training, or external training through their full time work.
16	Additional/Exceptional controls implemented by?	- Where additional control in Red Text have been identified, these measures need to be implemented prior to the activity commencing, they must be signed off by either the assessor or the person developing the control measures.
17	RA Approval	- The activity risk assessment must be approved by the chain of command, e.g. for unit-based activity the CO/OiC or for District activities the DO.
End		