



Sports and Fitness Wellbeing Process

This process is designed to provide clarity and transparency in how wellbeing related matters to University Sport and Fitness activity will be approached. The table below outlines four different categories of risk associated with students. The risk level relates to the person and circumstances rather than the level (speed) of response. The level (Speed) of response will be determined by the appropriate Sport SAFE Group and guidance (if required) by University Wellbeing Teams.

Sport and Fitness acknowledge that every situation is different and the process below will be used as guidance to support students and staff.

This should be read alongside [Your Wellbeing](#) webpages University of Birmingham.

Risk Category	Concern	Examples within academic context	Examples within sporting context	Sporting actions
Immediate	A clear indication of significant immediate risk of harm to self-and/or others. Managed directly by Sport and Fitness, notify Student Wellbeing & Partnerships Team for appropriate follow up	- Current/Active mental ill health - Suicidal threats (method, location, time), Self-Harm - Current / active psychotic breakdown	- Stating suicidal thoughts to coach/committee etc. - Visible self-harm - Unable to reason with student during psychotic breakdown	- Emergency services - Campus Security - Suspension if required (from one or multiple engagements) - If appropriate notify SWP of action taken to manage immediate risk
High	No immediate risk; however, there is still a degree of urgency regarding the risk to self or others. Guidance provided by Wellbeing and Partnerships team following escalation to SWP Team. SWP Referral – the need for Student Services to act	- Not safe to return home - Recent, current or active victim of sexual assault/violence - Recent hospital visits following drug use or other substance - Active mental health illness with hospital visits via ambulance/paramedic assessment - Recent suicidal attempt - Active multiple instances of self-harm (linked to other criteria) - Active domestic violence - Active or at risk of forced/arranged marriage - Disengaged with services including college or SW&P. - Limited or no support in place - The individual is unwilling to access support - The college exhausting all avenues of support - A current PREVENT issue - A suspected infectious disease	- Reserved in sporting activity - Actively stating visits to hospital - Drug or other substance side affects - Not wanting to go back to accommodation. - Physical bruising - Detachment from activity - Weight loss or gain	- Signposting to university services - Internal escalation to SWP - Signposting to local services - Risk assessment complete on ability to take part in activity (control measures implemented) - Removal from activity
Medium	No immediate or urgent risk present, however there is still a concern for the individual or others, likely to managed long term by College Wellbeing team or SWP	- Extreme financial hardship - Recent victim of crime - Risk of homelessness - Affected by major incident (e.g. terrorist attack) - Active addition (e.g. alcohol, drug)	- Expressing not having funds to pay for activities. - Turning up to sessions intoxicated. - Expressing being affected by major incidents or those they care about.	- Support regarding payment of activity to aid engagement 121 discussions regarding risk of intoxication
Low	Low/no risk level to individual and/or others	- Relationship difficulties - Supervisor/Tutor issues - Housing issues - Academic plans - Attendance	- Visibly disengaged - Reports from Academics or other students - Not attending activities	- Coach discussion with student - Check ins by other peers