

Risk Assessment – Jogging Sessions

Note: The term ‘student’ is used to refer to all participants, members of the public & spectators throughout this document. The instructor’s signature must be present on page 5 to be acceptable.

WHAT ARE THE HAZARDS?	WHO MIGHT BE HARMED & HOW?	WHAT MEASURES ARE ALREADY IN PLACE?	WHAT FURTHER MEASURES ARE TO BE INTRODUCED & WHEN	RISKS TO PARTICIPANTS
Slips & Trips	Students & instructors when participating in class jogging	Instructors at each end of the group to monitor slips and falls	Immediately – Suitable footwear to be worn and checked before leaving for jogging.	Medium
Sprains & Strains	Students & Instructors	Thorough warm up of both cardiovascular system & stretches to ensure all participants are ready for motion & exercise	Immediately & Always - All instruction supervised and properly demonstrated, performed at reduced speed & power to begin	Medium
Lost/missing Students	Students	Register entered at start of class	Immediately & Always Agreed meeting points and agreed procedures on such event	Low
Dehydration	Students & Instructors	Regular water breaks & moderation to lesson intensity	As & When - Ensure appropriate clothing is worn. Reinforce students performing at	Low

			own, comfortable tempo	
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Seizure through contraindications or over exertion	Students	Instructors are to advise novices of physical exertion levels that will be encountered and so provide reasonable recovery periods during training, particularly after demanding elements of training	Always - Instructors to be vigilant of dehydration (see page 1) and to ensure plenty of opportunity for rest, re-enforcing students to stop when they feel pain or are exhausted	Low
Dizziness, hyperventilation and nausea - Caused by students not conditioned, or failure to prepare (I.e: low blood sugar etc)	Students	Students to be made aware of risks prior to warm up, instructors to remain vigilant to student actions & state throughout lesson	Always - students reminded to rest and sit out if feeling unwell or under strain	Low
Complication Of PreExisting Medical Condition Or Injury	Students	All students - including new comers - to fill out medical declaration and advise of medical conditions or injuries prior to class start	Always - instructor to communicate with students and individuals with regards to ability to perform tasks confidently in light of injuries or conditions	Low

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Insufficient Supervision	Students	All classes must be conducted by fully qualified, insured and capable staff	Always - instructors must be registered with British Martial Arts & Boxing Association and be present throughout	Low
Muscle fatigue, cramp, sore/stiff joints, pulled and strained muscles, ligaments and tendons, etc.	Students	Full and thorough warm up of all joints & body areas as required for sessions prior to drills, training or contact	Always - instructors to check for injuries before commencing class and to remind students to act within comfort levels	Low
Other injuries, to include breaks, teeth loss, unconsciousness, dislocations, blisters & others	Students	Fully supervised and structured class from pre-planned training schedule and lesson plans	Always - use PPE whenever possible, allow students to progress at steady pace and always ensure clear and well received demonstrations	Low

I, Robbie Hoskins, the named instructor, agree that this risk assessment is fitting to all requirements of our club and will be sufficient for our needs. I have carefully checked all particulars to ensure it is appropriate for use and will perform its function at club level.

SIGNED: Robbie Hoskins

DATE: 22/02/2024