

Risk Assessment

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 & All Visitors When Using, Entering Or Leaving Premises | Room is well lit and left in tidy state by other occupants, checked by centre | Immediately - check floor in room & within hall way for trip hazards, spills & clutter. Any found to be reported to centre staff immediately. | Low |
| Sprains & Strains | Students & Visitors | 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 |
| Lifting Injury | Students & Instructors When Lifting, Laying Out & Returning Equipment | Only participants confident to move items to do so, | As and when required, introduce up to 4 to lift equipment and if no person is confident instructor to do so independently | Low |

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| Contact Injury | Students - caused by contact through drills, techniques, simulations or practice | Absolutely no contact until students are insured & licensed. No contact without prior consent from all parties | Immediately - No full contact, ever! Careful demonstrations and safe build up to any more vigorous, contact based training. PPE to be worn by all parties & fully supervised on a 'one simulation at a time' basis | Low |
| Dehydration | Students & Instructors | Regular water breaks & moderation to lesson intensity | As & When - Ensure room is well ventilated and appropriate clothing is worn. Reinforce students performing at own, comfortable tempo | Low |
| Fire | Students, Instructors & Visitors | Building compliant with fire checks, extinguishers fitted & emergency lighting / exits marked | Always - Assess exit routes to ensure no blockages and ensure all visitors & students know procedure in case of fire | Low |
| Bruising to forearms, hands & other limbs caused by blocking, break falls or contact | Students | Coach at acceptable levels of contact, as agreed in advance. Students to be briefed on assumption of risk | Further conditioning to be carried out when comfortable. Enforcement of student's right to stop at any point. | High |

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| Concussion caused through excessive contact with partners or as a result of a fall during sparring or pair work. | Students | Careful supervision of partner training/sparring in addition to careful coaching at acceptable levels of contact. | Always - Protection equipment including head guard and gum shield to be worn whenever semi contact sparring is permitted | Low |
| Injury caused through damaged protective equipment or training aids | Students & Instructors | All equipment to be inspected before every class by instructor and damaged kit to be removed from use | Always - Any equipment available on site to be checked to be fit for purpose before use | Low |
| 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 |
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| 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 |
| Injury to head, neck or spine caused by falling, being thrown, contact or other injury | Students | All training must be conducted on contact or crash mats. Full supervision at all time from instructor | Always - instruct to supervise all contact and only permit throws by experienced, insured members. No full contact at any point. PPE to be used as necessary | Low |
| 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 |

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| 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 |
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| 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, _____, 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:

DATE: