



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 3 to be acceptable.

WHAT ARE THE HAZARDS?	WHO MIGHT BE HARMED AND 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 a tidy state by other occupants, checked by center.	Immediately- check floor in the room & within the hallway for trip hazards, spills & clutter. Any found to be reported to center 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 crash mats	Only participants confident to move mats to do so, always to be lifted in pairs & slid from stacking – not lifted.	As and when required introduce up to 4 to lift mats and if no person is confident instructor to do so independently.	Low
Contact Injury	Students- Caused by contact though 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 complaint with fire checks, extinguishers fitted & emergency lighting / exits marked	Always- Access exit routes to ensure no blockages and ensure all visitors & students know procedure in case of a fire.	Low
Asphyxiation	Students	No high intensity or full contact training permitted without exception! All semi contact fully supervised on a 1 at a time basis.	Always- ensure full supervision and ensure all students know "tap out" procedure if uncomfortable. No chokes to be utilized during semi- contact.	Low
Bruising to forearms, hands & other limbs caused by blocking, breakfalls 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
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 headguard and gumshield to be worn whenever semi contact sparring is permitted.	Low



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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 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 - Any equipment available on site to be checked to be fit for purpose before use	Low
Seizure through contra- indications or over exertion	Students	Students to be made aware of risks prior to warm up, instructors to remain vigilant to student actions & state throughout lesson	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	All students - including new comers - to fill out medical declaration and advise of medical conditions or injuries prior to class start	Always - students reminded to rest and sit out if feeling unwell or under strain	Low
Complication Of Pre-Existing Medical Condition Or Injury	Students	All training must be conducted on contact or crash mats. Full supervision at all time from instructor	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 classes must be conducted by fully qualified, insured and capable staff	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	Full and thorough warm up of all joints & body areas as required for sessions prior to drills, training or contact	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	Fully supervised and structured class from pre- planned training schedule and lesson plans	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	Always - use PPE whenever possible, allow students to progress at steady pace and always ensure clear and well received demonstrations		Low

We Rhys Edwards & Matt Payne, the named instructors, 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