



RISK ASSESSMENT

AREA OF RISK	RISK IDENTIFIED	ACTIONS TO TAKE TO MITIGATE RISK	NOTES
<ul style="list-style-type: none"> LIGHTING. 	<ul style="list-style-type: none"> LIGHTING WITHIN THE BUILDING TO BE SUITABLE FOR PURPOSE. OUTSIDE THE BUILDING TO BE SUITABLE FOR PURPOSE WHEN ENTERING/EXITING THE BUILDING AND WHEN USING THE CAR PARK. LOW LEVEL LIGHT WHERE MOVEMENTS BECOME DIFFICULT TO SEE, MAY RESULT IN ACCIDENTS. 	<ul style="list-style-type: none"> CONTACT THE VENUE'S MANAGEMENT COMMITTEE WITH REGARDS TO INSUFFICIENT LIGHTING. NOTIFY OF ANY FAULTS, AS SOON AS POSSIBLE. 	<ul style="list-style-type: none"> LIGHTING IS USUALLY ADEQUATE IN INDOOR AREAS. IF PERFORMING DEMONSTRATIONS DURING THE DAY, THE LEVEL OF LIGHT NEEDS TO BE SUFFICIENT FOR NORMAL VISIBILITY.
<ul style="list-style-type: none"> EVALUATE THE DOJO VENTILATION AND HEATING. 	<ul style="list-style-type: none"> ADEQUATE VENTILATION WHEN TRAINING IN WARMER ENVIRONMENTS. ADEQUATE HEATING WHEN TRAINING IN COOLER ENVIRONMENTS. 	<ul style="list-style-type: none"> ENSURE WINDOW VENTILATION IS AVAILABLE AND/OR POSSIBLE AIR CONDITIONING. FANS TO BE USED IF NECESSARY TO PROVIDE COOLER AIRFLOW. ENSURE HEATING IS AVAILABLE AND USED IF NECESSARY. 	<ul style="list-style-type: none"> ALL FANS ARE REQUIRED TO BE PAT TESTED BY A QUALIFIED ELECTRICIAN.
<ul style="list-style-type: none"> AREA SPACE AND HEIGHT. 	<ul style="list-style-type: none"> A MINIMUM OF 1-FOOT CLEAR SPACE AROUND THE OUTSIDE OF THE DOJO TRAINING AREA. CHECK FOR PROTRUSIONS, SHARP CORNERS, OR ANYTHING THAT COULD CAUSE INJURY. INADEQUATE HEIGHT FOR THROWING, SWEEPING, OR WEAPONS TRAINING. 	<ul style="list-style-type: none"> ENSURE VENUE IS FIT FOR PURPOSE AND HAS SUFFICIENT SPACE AND HEIGHT. ENSURE SAFE CONDITIONS REQUIRED FOR STUDENTS TRAINING. 	

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<ul style="list-style-type: none"> MATS. 	<ul style="list-style-type: none"> MATS MOVING APART WHEN IN USE. MUST BE CLEAN AND FREE OF ANY SLIPPERY SUBSTANCES. 	<ul style="list-style-type: none"> UTILISE INTERLOCKING JIGSAW MATS WHICH NEGATES THEM MOVING APART. ENSURE MATS ARE PROPERLY LAID, CLEAN, AND IN GOOD CONDITION. IF MATS ARE STACKED, ENSURE THEY ARE SAFELY PUT OUT AND STORED CORRECTLY AT THE END OF THE CLASS. MATS TO BE PLACED ON LEVEL GROUND. REPAIR/REPLACE ANY MATS WHICH MAY HAVE BEEN DAMAGED/WORN. 	<ul style="list-style-type: none"> MATS GENERALLY HAVE ENOUGH GRIP. MATS NEED TO BE OF SUFFICIENT DEPTH TO PERFORM TECHNIQUES EFFECTIVELY AND SAFELY (MINIMUM DEPTH 20MM, HOWEVER 40MM MATS ARE PREFERRED).
<ul style="list-style-type: none"> WEATHER CONDITIONS. 	<ul style="list-style-type: none"> IF PERFORMING AN OUTSIDE CLASS OR DEMONSTRATION, MATS MAY BECOME SLIPPERY. 	<ul style="list-style-type: none"> CLASSES ARE USUALLY HELD INDOORS. DURING OUTDOOR CLASSES OR DEMONSTRATIONS, ENSURE THE WEATHER CONDITIONS ARE SAFE. FOR EXAMPLE - IF RAINING, THE DISPLAY WILL NEED TO BE CANCELLED DUE TO THE DANGERS WITH COMPROMISED CONTROL/SLIPPAGE DURING THE CLASS/PERFORMANCE. 	
<ul style="list-style-type: none"> CLEANLINESS OF THE VENUE, DOJO AND EQUIPMENT. 	<ul style="list-style-type: none"> UNSANITISED AREAS AND EQUIPMENT COULD LEAD TO POSSIBLE INFECTIONS. DIRECT CONTACT WITH CLEANING CHEMICALS. 	<ul style="list-style-type: none"> HIRERS TO CHECK WITH THE VENUE'S MANAGEMENT COMMITTEE THAT CLEANING PROCEDURES ARE IN PLACE. EQUIPMENT USED WILL BE SANITISED AFTER EACH USE. CLEANING PRODUCTS FOR MATS AND EQUIPMENT, TO BE KEPT LOCKED WHEN NOT IN USE. PPE EQUIPMENT PROVIDED IF REQUIRED. IMPLEMENT PROCEDURES FOR CLEANING AND DISINFECTING SPILLS, AND ENSURE PARTICIPANTS ARE AWARE OF HYGIENE PRACTICES. 	<ul style="list-style-type: none"> IMMEDIATE FIRST AID PROVIDED, IF NECESSARY AND/OR CONTACT LOCAL FIRST RESPONDER (999).

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APPROPRIATE ATTIRE AND HYGIENE.	<ul style="list-style-type: none"> • NOT WEARING CORRECT CLOTHING ATTIRE, BOXING GLOVES AND SHIN GUARDS (IF NECESSARY) FOR TRAINING. • PERSONAL HYGIENE, JEWELLERY AND GLASSES. 	<ul style="list-style-type: none"> • ENFORCE RULES ABOUT PROPER ATTIRE E.G. CORRECT UNIFORMS FOR TRAINING. • ALL STUDENTS TO BRING ANY EQUIPMENT REQUIRED FOR CLASSES E.G. BOXING GLOVES, SHIN GUARDS, WEAPONS ETC. • PERSONAL HYGIENE IS OF PARAMOUNT IMPORTANCE AND APPLIES TO ALL STUDENTS. FINGER AND TOE NAILS NEED TO BE CLEAN, CUT SHORT AND LONG HAIR IS REQUIRED TO BE TIED BACK. STUDENTS NEED TO TRAIN BARE FOOT, UNLESS SUFFERING FROM ANY AILMENTS E.G. VERRUCAS, ATHLETES FOOT ETC. • JEWELLERY IS NOT PERMITTED TO BE WORN IN THE DOJO. WHERE SUCH ARTICLES AS RINGS ETC, CANNOT BE REMOVED THESE MUST BE COVERED WITH A PLASTER/TAPE WHILST TRAINING. • ANY ARTICLES OTHER THAN FOR A SPECIFIC APPLICATION DURING TRAINING, MAY NOT BE BROUGHT INTO THE DOJO. • FOOD, FLUIDS ETC, CANNOT BE CONSUMED ON THE MAT. GUM IS NOT ALLOWED. • FOLLOW CODE OF CONDUCT FOR STUDENTS. 	<ul style="list-style-type: none"> • ALL STUDENTS ISSUED WITH CODE OF CONDUCT WHEN THEY COMMENCE TRAINING. THIS IS ALSO INCLUDED IN THEIR BUDDO PASS (LICENCE BOOK).
ACCESSIBILITY.	<ul style="list-style-type: none"> • CONSIDER ACCESSIBILITY FOR ALL PARTICIPANTS, INCLUDING THOSE WITH DISABILITIES. 	<ul style="list-style-type: none"> • DOJO TO BE EASILY ACCESSIBLE AND INCLUSIVE FOR ALL. • TECHNIQUES TO BE ADAPTED WHERE NECESSARY. 	

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<ul style="list-style-type: none"> • TRAINING PARTNERS. 	<ul style="list-style-type: none"> • MIXED ABILITIES OF STUDENTS LEARNING TECHNIQUES. • TECHNIQUE EXECUTION: ENSURE STUDENTS ARE AWARE OF THE DANGERS OF ATTEMPTING TECHNIQUES THEY HAVEN'T BEEN TAUGHT. 	<ul style="list-style-type: none"> • ENCOURAGE STUDENTS TO TRAIN WITH PARTNERS OF SIMILAR SKILL AND EXPERIENCE LEVELS TO PREVENT ACCIDENTS. • OCCASIONALLY A STUDENT MAY BE PARTNERED WITH A HIGHER GRADED STUDENT TO HELP DEVELOP THEIR SKILLS AND UNDERSTANDING. HOWEVER, NO ADVANCED TECHNIQUES WOULD BE PERFORMED ON A LOWER GRADE DUE TO THEIR SKILL LEVEL. 	
<ul style="list-style-type: none"> • ACTIVITY RELATED RISK. 	<ul style="list-style-type: none"> • STUDENTS NOT WARMED UP EFFICIENTLY TO PERFORM TECHNIQUES REQUIRED FOR CLASS. THEREFORE, POSSIBLE INJURIES MAY OCCUR. • LACK OF CONCENTRATION DUE TO VARIOUS AGE GROUPS WITHIN EACH CLASS RESULTING IN POSSIBLE ACCIDENTS. 	<ul style="list-style-type: none"> • WARM-UP: ENSURE ALL STUDENTS WARM-UP THOROUGHLY TO PREVENT STRAINS AND INJURIES. • REINFORCE DOJO ETIQUETTE FOR ALL STUDENTS. • TECHNIQUE INSTRUCTION: SUPERVISE ALL CONTACT ACTIVITY WITH QUALIFIED COACHES. 	
<ul style="list-style-type: none"> • BLOCKING TECHNIQUES. 	<ul style="list-style-type: none"> • STUDENTS FAILING TO BLOCK PROPERLY, THEREFORE RISK OF BEING STRUCK. 	<ul style="list-style-type: none"> • STUDENTS ARE TAUGHT TO MOVE TO A SAFE POSITION BY EVADING AND APPLYING BLOCKING TECHNIQUES. 	
<ul style="list-style-type: none"> • STRIKING AND KICKING TECHNIQUES. 	<ul style="list-style-type: none"> • STUDENTS LACK OF UNDERSTANDING WHEN POSITIONING THEIR HANDS IN ORDER TO STRIKE CORRECTLY, THEREBY SUFFERING A POTENTIAL INJURY. • STUDENTS BEING OVER-ZEALOUS WITH THEIR STRIKING AND KICKING, THEREFORE NOT IN CONTROL OF THEIR MOVEMENTS. 	<ul style="list-style-type: none"> • STUDENTS ARE TAUGHT HOW TO CONTROL THEIR STRIKING AND KICKING TECHNIQUES THROUGH REPETITIVE PRACTICE ON FOCUS PADS, STRIKE SHIELDS AND TO EACH OTHER. • SUPERVISION IS IN PLACE VIA COACHING TEAM. 	

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<ul style="list-style-type: none"> LOCKING TECHNIQUES. 	<ul style="list-style-type: none"> STUDENTS BEING OVER-ZEALOUS WHEN APPLYING LOCKING TECHNIQUES AND NOT USING THE APPROPRIATE CONTROL. 	<ul style="list-style-type: none"> APPLICATION OF LOCKING TECHNIQUES ARE SUPERVISED. STUDENTS ARE TAUGHT TO APPLY THE TECHNIQUE SLOWLY UNTIL THEY LEARN THE NECESSARY CONTROL REQUIRED. 	
<ul style="list-style-type: none"> TAKEDOWNS, THROWS AND SWEEPS. 	<ul style="list-style-type: none"> STUDENTS FAILING TO BREAK FALL SUFFICIENTLY, THEREBY CAUSING POTENTIAL INJURY. STUDENTS BEING OVER-ZEALOUS WHEN APPLYING TECHNIQUES AND NOT USING THE APPROPRIATE CONTROL. 	<ul style="list-style-type: none"> STUDENTS ARE TAUGHT BREAK FALLING TECHNIQUES WHILST UNDER SUPERVISION. ADVISE THE STUDENTS TO ENSURE THEY HAVE ADEQUATE SPACE AROUND THEM WHEN PERFORMING TECHNIQUES. APPLICATION OF TECHNIQUES ARE SUPERVISED. STUDENTS ARE ASKED TO APPLY THE TECHNIQUE SLOWLY UNTIL THEY LEARN THE NECESSARY CONTROL REQUIRED. 	<ul style="list-style-type: none"> CLEAR, CONCISE INSTRUCTION IS GIVEN AT ALL TIMES. SUPERVISION GIVEN TO ALL STUDENTS BY COACHING TEAM.
<ul style="list-style-type: none"> GRAPPLING EITHER STANDING OR ON THE GROUND. 	<ul style="list-style-type: none"> WHEN GRAPPLING FROM A STANDING POSITION, STUDENTS MAY LOSE BALANCE AND FAIL TO BREAK FALL SUFFICIENTLY, THEREBY CAUSING POTENTIAL INJURY TO EITHER THEMSELVES OR THEIR PARTNER. STUDENTS BEING OVER-ZEALOUS WHEN APPLYING GRAPPLING TECHNIQUES AND NOT USING THE APPROPRIATE CONTROL. 	<ul style="list-style-type: none"> STUDENTS ARE TAUGHT BREAK FALLING TECHNIQUES WHILST UNDER SUPERVISION. ADVISE THE STUDENTS TO ENSURE THEY HAVE ADEQUATE SPACE AROUND THEM WHEN PERFORMING TECHNIQUES. APPLICATION OF TECHNIQUES ARE SUPERVISED. STUDENTS ARE ASKED TO APPLY THE TECHNIQUE SLOWLY UNTIL THEY LEARN THE NECESSARY CONTROL REQUIRED. 	<ul style="list-style-type: none"> CLEAR, CONCISE INSTRUCTION IS GIVEN AT ALL TIMES. SUPERVISION GIVEN TO ALL STUDENTS BY CLUB COACH.

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• WEAPONS.	<ul style="list-style-type: none"> STUDENTS BEING OVER-ZEALOUS WITH THEIR MOVEMENTS. DISTANCE BETWEEN OTHER STUDENTS WHEN TRAINING WITH WEAPONS. 	<ul style="list-style-type: none"> PRACTICE WITH ALL WEAPONS ARE CAREFULLY DEMONSTRATED FOR THE LEVEL OF SKILL NEEDED TO DEVELOP BY THE COACHING TEAM. WEAPONS ARE ONLY ALLOWED TO BE PRACTICED IN A CLUB ENVIRONMENT, OR ON COURSES/SEMINARS WITHIN ADEQUATE SPACE. FOAM WEAPONS ARE USED FOR STUDENTS UNDER THE AGE OF 16 YEARS. ADULTS PROGRESS TO WOODEN/METAL WEAPONS. 	<ul style="list-style-type: none"> VIGILANCE AND CONCENTRATION IS ESSENTIAL.
• POTENTIAL INJURIES/ILLNESS/EXISTING MEDICAL CONDITIONS.	<ul style="list-style-type: none"> INCIDENTS ALTHOUGH INFREQUENT, TEND TO BE A CONSEQUENCE OF, FOR EXAMPLE: <ol style="list-style-type: none"> LANDING AWKWARDLY AFTER A THROWING TECHNIQUE. KNOCKS RESULTING FROM A STRIKE. LOCKS WHICH HAVE BEEN APPLIED TOO FIRMLY. MUSCLE SPRAINS. EXISTING MEDICAL CONDITIONS E.G. DIABETES. 	<ul style="list-style-type: none"> ALL CLUB COACHES WILL CARRY AN UP-TO-DATE REGISTER OF MEMBERS FROM EACH CLUB. EMERGENCY CONTACT DETAILS WILL BE INCLUDED, AS WELL AS A RECORD OF ANY MEDICAL CONDITIONS RELEVANT TO THE STUDENT. HAVE A WELL-STOCKED FIRST-AID KIT READILY AVAILABLE AND ENSURE THAT AT LEAST ONE PERSON ON SITE IS FIRST-AID TRAINED. ADMINISTER FIRST AID BY A QUALIFIED FIRST AIDER. FOLLOW FIRST AID POLICY PROTOCOL. 	<ul style="list-style-type: none"> ALL CLUB COACHES WITHIN VALOR COMBAT SYSTEMS POSSESS AN EMERGENCY FIRST AID AT WORK QUALIFICATION. THEIR CERTIFICATE IS RENEWED EVERY 3 YEARS BY A QUALIFIED FIRST AID CONSULTANT. MAINTAIN A CALM ATTITUDE AND APPROACH, IN ORDER TO KEEP THE INDIVIDUAL AT EASE, AS WITH THE REMAINING CLASS MEMBERS. THE STUDENTS WILL BE REQUIRED TO REMAIN SEATED.
• EMERGENCY AND FIRE EVACUATION.	<ul style="list-style-type: none"> RISK OF INJURY OR DANGER TO STAFF, STUDENTS AND ANY ATTENDEES. 	<ul style="list-style-type: none"> ENSURE EMERGENCY AND FIRE EVACUATION PROCEDURES ARE IN PLACE FOR ALL STAFF, STUDENTS AND ANY ATTENDEES. REGULAR MONTHLY REMINDERS TO ALL STUDENTS NOTIFYING WHERE THE FIRE DOORS AND ASSEMBLY POINTS ARE. 	<ul style="list-style-type: none"> EVACUATION DRILL AND PRACTICE REQUIRED. FOLLOW EMERGENCY AND FIRE EVACUATION PROCEDURE.

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<ul style="list-style-type: none"> STORED EQUIPMENT. 	<ul style="list-style-type: none"> STUDENTS COULD BE INJURED BY FALLING STACKED MATS AND/OR EQUIPMENT. ENSURE MAINTENANCE OF MATS AND/OR EQUIPMENT. 	<ul style="list-style-type: none"> STUDENTS ARE SHOWN THAT MATS AND/OR EQUIPMENT MUST BE CAREFULLY STORED TO AVOID THE RISK OF ANY INJURY. REPAIR/REPLACE MATS AND/OR EQUIPMENT WHEN NECESSARY. 	<ul style="list-style-type: none"> EQUIPMENT STORAGE TO BE SUPERVISED.
<ul style="list-style-type: none"> MANUAL HANDLING. 	<ul style="list-style-type: none"> STUDENTS MAY SUFFER A POTENTIAL INJURY FROM LIFTING EQUIPMENT WHICH MAY BE HEAVY OR AWKWARD. 	<ul style="list-style-type: none"> TROLLEYS AVAILABLE TO MOVE HEAVY EQUIPMENT AND USERS ARE INSTRUCTED AS TO WHERE THEY ARE KEPT. 	<ul style="list-style-type: none"> AMPLE TIME GIVEN TO THE EQUIPMENT STORAGE.
<ul style="list-style-type: none"> CHANGING ROOMS/CHANGING AREAS/INDOOR TOILETS. 	<ul style="list-style-type: none"> TOILET FACILITIES TO BE USED 2 PEOPLE AT A TIME. SAFEGUARDING PROTOCOLS. 	<ul style="list-style-type: none"> RECOMMEND STUDENTS ARRIVE PRE-CHANGED IN THEIR RESPECTIVE UNIFORMS WHERE NECESSARY. SAFEGUARDING PROTOCOLS IN PLACE FOR CHILDREN AND ADULTS IN PRIVATE CHANGING ROOMS. 	
<ul style="list-style-type: none"> COURSES/SEMINARS. 	<ul style="list-style-type: none"> UNINVITED STUDENTS/ATTENDEES. ALL GUEST COACHES REQUIRED TO BE ENHANCED DBS CHECKED AND FULLY INSURED. VENUE/DOJO FIT FOR PURPOSE. 	<ul style="list-style-type: none"> STUDENTS TO BE PRE-BOOKED ONLINE TO LIMIT SPACES AND PROVIDE FULL EMERGENCY CONTACT DETAILS. ANY ATTENDEES WHO HAVE NOT PRE-BOOKED WILL BE DENIED ACCESS ONTO THE COURSES/SEMINARS. ALL GUEST COACHES WILL PROVIDE ALL THE NECESSARY DOCUMENTS REQUIRED IN ADVANCE. VENUE/DOJO TO BE INSPECTED AS PER PREVIOUS CHECKS FOR DOJO PROTOCOL. 	