



REVOLUTION MARTIAL ARTS ACADEMY RISK ASSESSMENT – GENERAL

The following is our current risk assessment Revolution Martial Arts Academy. Should you identify any further hazards that you feel are not properly represented below, we would ask you to please contact Bill Fidler (Health and Safety Officer. This document was last updated 08/06/2022.

The following is considered to be compulsory and should be considered in conjunction with the action points on this risk assessment;

- **A proper warm up will be carried out at the start of every lesson**
- **Student numbers will be controlled by the instructor at all times**
- **All members are given a copy of the club rules and charter**
- **Any person feeling unwell or with any other medical condition / injury must contact the instructor BEFORE starting the session, or immediately should the condition develop during the class**
- **Any other club rules or association guidelines will be properly observed throughout all classes and training sessions**

| ENVIRONMENTAL HAZARDS | | | |
|-----------------------|---|--|--------|
| Significant Risks | People at Risk | Measures to reduce risk | Review |
| Slips and trips | Students, instructors, members of the public, sports centre staff etc | Ensure floor is in good condition and free of obstacles. Significant wet patches should be dried. Segregate if necessary. Visual check by Instructor before start of the session. | |
| Fire | As above, especially new students and visitors | Provision of means of fire escape. Persons in dojo to be aware of evacuation procedure Visual check by Instructor before start of the session. | |
| Electric shock | Students, instructors, members of the public, sports centre staff etc | All electrical equipment to be properly maintained and if not isolated unplugged and removed Visual check by Instructor (if electrical equipment is not owned by the instructor then he should report the matter to the owner/keeper and check it has been made safe) | |
| Lighting / visibility | As above | To be adequate for the purposes of safe training, entry to and exit from, the dojo Visual check by Instructor | |

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|--|----------|---|--|
| Cuts/punctures from sharp objects | As above | Ensure floor is in good condition and clear of obvious debris i.e. that which can be easily seen Visual check by Instructor | |
| Impact from unstable objects that may fall | As above | Ensure objects e.g. stacked chairs etc are removed/ segregated from training area and spectators/public Visual check by Instructor | |

| PHYSICAL INJURIES/HEALTH RISKS DURING TRAINING FROM CONTACT | | | |
|--|--|---|---------------|
| Significant Risks | People at Risk | Measures to reduce risk | Review |
| Broken bones | Students, instructor and members of the public | Experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent existing injuries being made worse. | |
| Loss of teeth | As above | As above | |
| Dislocation of joints | As above | As above | |
| Concussion | As above | As above | |
| Strains and sprains | ALL | Thorough warm up before training | |
| Cuts/broken skin | As above | Training / experience and discipline of students. Careful supervision by club instructor. Keep nails short. Remove items of jewellery. | |
| Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness | As above | Existing health problems e.g. Asthma should be made known to club instructor before training. Rest, take medication e.g. inhaler. If necessary, arrange to go to hospital. Review by club instructor as necessary and before individual trains again | |

| PHYSICAL INJURIES/HEALTH RISKS DURING TRAINING FROM NON-CONTACT | | | |
|--|-----------------------|---|---------------|
| Significant Risks | People at Risk | Measures to reduce risk | Review |
| Broken bones | Students, instructor | Training / experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent injuries being made worse | |
| Dislocation of joints | As above | As above | |
| Strains and sprains | As above | Thorough warm up before training | |
| Cuts/broken skin | As above | Training / experience and discipline of students. Careful supervision by club instructor. Environmental factors most likely to cause this. | |
| Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness | As above | Existing health problems e.g. Asthma should be made known to club instructor before training. Rest, take medication e.g. inhaler. If necessary, arrange to go to hospital. Review by club instructor as necessary and before individual trains again | |

| PHYSICAL INJURIES/HEALTH RISKS DURING INTERCLUBS | | | |
|---|--|---|---------------|
| Significant Risks | People at Risk | Measures to reduce risk | Review |
| Fire and other emergencies requiring evacuation | Students, officials, venue staff and spectators | Emergency exits to be clearly signed, unlocked and routes clear of obstructions Establish exits, routes, alarms etc with venue staff prior to competition. Venue staff to have overall control of evacuation | |
| Slips and trips, cuts and punctures | As above | Floors to be kept dry and clear of obstacles Competition areas and 1m safety zone, to be kept clear of e.g. bottles, towels, gum shield cases and other items of equipment | |
| Electric shock, Lighting/ visibility and other risks arising from physical aspects of venue | As above | All equipment to be properly maintained and adequate for purpose | |
| Miscellaneous physical injuries during kumite e.g. broken bones, loss of teeth, dislocations, concussion, strains and sprains, cuts / broken skin | Competitors | Refer to risks during training from contact risk assessment. Officials emphasize good control. Use of Personal Protective Equipment (mitts, gum shields compulsory) | |
| Impact from competitors forced out of area | Competitors, spectators, officials and venue staff | Maintain clear 1m safety zone around competition areas. Persons in zone to be kept to a minimum e.g. other team members and one instructor | |
| Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness etc | Competitors | Refer to risks during training from contact risk assessment. Existing health problems to be made known to club instructor before entry. Doctor and First Aid personnel can assist if necessary | |
| Infection from body e.g. blood | Competitors, Officials, venue staff | Medical or Venue staff to clear up. | |