



MARTIAL ARTS EAST

GENERAL RISK ASSESSMENT

The following is our general risk assessment for Martial Arts East. Should you identify any further hazards that you feel are not properly represented below, we would ask you to please contact Danny Jordan-Land Chief Instructor. This document was last updated on 10/09/2024.

Please Note: The instructor's signature must be present on the final page to be acceptable

WHAT ARE THE HAZARDS?	WHO MIGHT BE HARMED?	WHAT MEASURES ARE ALREADY IN PLACE?	WHAT FURTHER MEASURES ARE TO BE INTRODUCED?	RISKS TO PARTICIPANTS
Slips & Trips	Students, Instructors & Visitors	Venues are inspected prior to bookings being made, to ensure suitability, and adequately lit. It is the responsibility of the venue to ensure all floors are fit for use Visual inspection of floor prior to session to ensure floors are clean and dry	Check the floor for trip hazards, spills & clutter All students given clear spacing boundaries and told to keep aware of walls, chairs & tables etc Instructor's mats remains in position during session, so it doesn't create trip hazard	Medium

Martial Arts East Chief Instructor Name: Danny Jordan-Land

Chief Instructor Membership Number: 32807

Telephone Number: 01603 865426

Mobile Number: 07540 842889

E-Mail: info@martialartseast.co.uk

Website: www.martialartseast.co.uk

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		Mats to be properly positioned and visually inspected prior to use Personal belongings to be stored away from the training area	Instructors to ensure all kit bags, personal belongings, training aids and equipment are kept clear of the training area	
Sprains & Strains	Students & Instructors	Thorough warm up of both cardiovascular system & stretches to ensure all participants are ready for motion & exercise	All instruction supervised and properly demonstrated, performed at reduced speed & power to begin	Medium
Contact Injury	Students	Guidance for all students would be light contact to the body Head contact is advised no touch, however light skin contact is allowed for those more advanced	No full contact, ever! Careful demonstrations and safe build up to freestyle sparring PPE - sparring mitts & gumshield are compulsory when training freestyle sparring, free style sparring drills, techniques or practice. Other equipment such as shin/foot protectors & chest protectors are optional The above rules apply for club competition	Low

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			PPE isn't necessary for pre-arranged (controlled) drills, examples include 5 steps sparring and Kata application	
Dehydration	Students	Regular water breaks & moderation to lesson intensity	Ensure room is well ventilated and appropriate clothing is worn Reinforce students performing at own, comfortable tempo	Low
Impact from falling objects	Students, Instructors & Visitors	Ensure stacked objects and stored equipment i.e. chairs are stored and transported safely	All instructors and staff to ensure that students do not climb on stacked objects or stored equipment	Low
Fire	Students, Instructors & Visitors	Building compliant with fire checks, extinguishers fitted & emergency lighting / exits marked	Assess exit routes to ensure no blockages	Low
Asphyxiation	Students	No high intensity or full contact training permitted - without exception!	Ensure full supervision and ensure all students know 'tap out' procedure if uncomfortable. No chokes to be utilised during freestyle sparring practice, only controlled drills	Low

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Bruising to forearms, hands & other limbs caused by blocking, breakfalls or contact	Students	Coach at acceptable levels of contact, as agreed in advance	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	<p>No full contact, ever! Careful demonstrations and safe build up to freestyle sparring</p> <p>PPE - sparring mitts & gumshield are compulsory when training freestyle sparring, free style sparring drills, techniques or practice. Other equipment such as shin/foot protectors & chest protectors are optional</p> <p>The above rules apply for club competition PPE isn't necessary for pre-arranged (controlled) drills, examples include 5 steps sparring and Kata application</p>	Low

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Injury caused through damaged protective equipment or training aids	Students & Instructors	All equipment to be inspected regularly by chief instructor (in some cases other instructors) and damaged kit to be removed from use	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	Instructors to be vigilant of dehydration 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 (l.e: low blood sugar etc)	Students	Students regularly reminded of risks, instructors to remain vigilant to student actions & state throughout lesson	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 newcomers - to fill out medical declaration and advise of medical conditions or injuries prior to class start	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	Takedowns and throws etc to be performed on mats Full supervision at all time from instructor	No full contact at any point Takedowns and throws only to be performed if students are comfortably	Low

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Insufficient Supervision	Students	All classes must be conducted by fully qualified, insured and capable staff	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	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	No full contact, ever! Careful demonstrations and safe build up to freestyle sparring PPE - sparring mitts & gumshield are compulsory when training freestyle sparring, free style sparring drills, techniques or practice. Other equipment such as shin/foot protectors & chest protectors are optional The above rules apply for club competition	Low

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Class Ratio (1-35 instructor to student ratio)	Students & Instructors	<p>The venue suitability is checked prior to booking and also spot checked before training to ensure classes can be safely managed by instructors and students are appropriately spaced out</p> <p>The class is non/light contact and therefore can safely exceed the default ratios</p> <p>Each new Authorised person (instructor, assistant, volunteer etc) can allow for up to 8 additional children or 16 additional adults as long as checks are suitable/safe as described above</p>	<p>The chief instructor has 20 years of experience working with regular groups up to the defined ratio, this is proven experience with many types of classes with the martial arts setting, this knowledge and experience will be used to make sure all instructors within the club are equipped to deal with their instructor to student ratio</p> <p>BMABA has been contacted and discussed exceeding default ratio</p>	Low

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I, Danny Jordan-Land, the chief 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: 10/09/2024

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