



# Risk Assessment

Hazard	Who might be harmed and how?	Controls Required	Controls in Place (Y/N)	Supporting Information	
Hygiene related problems e.g. infection	Staff, visitors, students	Venue has adequate ventilation	Yes	Large area and door(s) open	
	Staff, visitors, students	Consent for data use gathered	Yes	Part of sign up process	
	Staff, Students	Briefing on use of facilities, uniform, personal hygiene and social distancing	Yes	Part of sign up process	
	Staff, Students	Deep cleaning / disinfection of mat areas after each block	Yes	Hoovered and bleached at the end	
	Staff, visitors, students	Deep cleaning / disinfection of communal areas after each training session	Yes	Hoovered and bleached/mopped where necessary	
	General	Liability risk - Staff, visitors, students	Appropriate Public Liability insurance cover	Yes	
		Liability risk - Coaching Staff	All coaches appropriately qualified and minimum of blue belt or higher. Appropriate liability and professional indemnity insurance cover	Yes	Martial Guard & BMABA
Liability risk - Students		Appropriate member-to-member liability insurance cover	Yes	Recommended for parents - welcome pack	
Physical injury - Staff, visitors, students		Qualified first aider present at every session; first aid kit and incident book. Minimum 40mm mats. No sharp corners around matted area	Yes	1m min distance to sharp corners	
Safeguarding issues - children and vulnerable adults		All instructors to be DBS checked if interacting with children. Child protection and safeguarding policy in place.	Yes	Through BMABA	
Fire - Staff, visitors, students		Appropriate fire safety training; fire exits to British standards	Yes	Plus emergency lighting	
Hygiene & communicate diseases - Staff, visitors, students		Cleaning policy and procedures in place. Clear rules banning footwear on mats. Clear rules for students to remove jewellery before training. Zero tolerance for skin infections or other infectious diseases and policy for advice on treatment	Yes	Sliders provided, no shoes past a certain point	
Hazard	Who might be harmed and how?	Controls Required	Controls in Place (Y/N)	Supporting Information	
General - cont	Learners hit heads and limbs on the sides of the rooms during rolls/take downs. Learners fall off the edge of the mats	Learners are reset to the centre of the mats when a spar gets too close to a side, unless a drill or roll specifically calls for use of a wall. Warnings delivered and learners made aware of responsibilities	Yes		
	Injuries due to impact from takedowns and rolls.	Learners participating in sport specific safety drills, sparring restricted based on competence, two m2 per roll min. 4 m2 for takedowns. Learners informed of self responsibility mindset. Learners advised to help each other	Yes		
		Dollamur FLEXI-Roll® Mats lining the floor and walls as well as a purpose built cage wall to absorb the majority of impacts			
	Joint injuries if a partner holds a submission for too long	Learners participating in sport specific safety drills, sparring restricted based on age, demeanor and competence. From the start of their training learners have the importance of "tapping out" in time (before a submission begins to hurt) explicitly stated. Learners are also explicitly told about the importance of respecting an opponent's tap, and we may exclude, effective immediately, any learners we believe to have purposefully ignored an opponent's tap. We are fully committed to providing a safe and supportive learning environment	Yes	Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission. Coaches are always present within any class/sparring	
	Hypoxia/Loss of consciousness due to choke applied for too long	Learners participating in sport specific safety drills, sparring restricted based on age, demeanor and competence. Submission holds not taught until a certain age and competence	Yes	Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission. Coaches are always present within any class/sparring	

	Light bruising/knocks/jars/jolts etc	Light bruising and knocks are a reality of martial arts training, especially when it involves live rolling and sparring such as with BJJ. Learners, however, should never feel that they HAVE to participate in live training and even if they do they should always have the freedom to decide the intensity. We do everything we can to make the environment and class structure as safe as reasonably possible	Yes	Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission. Coaches are always present within any class/sparring
	Severe impact to head and body	Our philosophy is that extremely hard sparring/striking (that may lead to a wobbling feeling) in training is detrimental to consistent high level training and training partners and as such is disallowed. We seek to eliminate this from our training by nurturing a more intelligent approach to sparring, focusing on movement and precision. Learners are taught how to use pads before holding them to avoid the chance of missing the pad	Yes	Learners are also responsible for dictating intensity of their sparring sessions.