



RISK ASSESSMENT

<u>AREA OF RISK</u>	<u>RISK IDENTIFIED</u>	<u>ACTIONS TO TAKE TO MITIGATE RISK</u>	<u>NOTES</u>
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.
Area space and height.	<ul style="list-style-type: none"> ➤ Required to access a minimum of 1-foot clear space around the outside of the matted area. ➤ Inadequate height for throwing, sweeping, or weapons training. 	<ul style="list-style-type: none"> ➤ Ensure venue is fit for purpose and has sufficient space. ➤ Check space for the matted area to ensure safe conditions required for students training. 	<ul style="list-style-type: none"> ➤ See Covid regulations re: revised allotted space required.
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 jigsaw mats which allow interlocking to negate mats moving apart. ➤ Mats to be placed on level ground and have sufficient grip underneath. ➤ Mats are checked and cleaned regularly. ➤ 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).

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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 falls from basic steps whilst under supervision. ➤ Takedowns, throws and sweeps are taught after learning how to break fall safely. ➤ Advise the students to ensure they have adequate space for any technique shown. ➤ 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.
Grappling either standing/on the ground.	<ul style="list-style-type: none"> ➤ Students if they lose balance, failing to break fall Sufficiently, thereby causing potential injury. ➤ Students being over-zealous when applying grappling and not using the appropriate control. 	<ul style="list-style-type: none"> ➤ Students are taught break falls from basic steps whilst under supervision. ➤ Advise the students to ensure they have adequate space for any technique shown. ➤ 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.
Locks.	<ul style="list-style-type: none"> ➤ Students being over-zealous with applying locks. 	<ul style="list-style-type: none"> ➤ Application of locks are supervised. ➤ Students are taught to apply the technique slowly until they learn the necessary control required. 	
Blocking.	<ul style="list-style-type: none"> ➤ Student failing to block properly. 	<ul style="list-style-type: none"> ➤ Students are taught to move in a safe position by evading and applying blocking techniques. 	
Striking and kicking.	<ul style="list-style-type: none"> ➤ Students not learning how to position their hands in order to strike correctly, thereby suffering a potential injury. ➤ Students being over-zealous with their strikes and not in control of their movements. 	<ul style="list-style-type: none"> ➤ Students are taught how to control their striking and kicking techniques through practice on focus pads, strike shields and to each other. ➤ Consistent reminders on how to avoid injury. 	
Weapons.	<ul style="list-style-type: none"> ➤ Students being over-zealous with their movements. 	<ul style="list-style-type: none"> ➤ Practice with all weapons are carefully demonstrated for the level of skill needed to develop. ➤ Weapons are only allowed to be practiced in a Club environment, or on Courses/Seminars. ➤ Foam weapons are used for students under the age of 18 years. ➤ Adults progress to wooden/metal weapons. 	<ul style="list-style-type: none"> ➤ Vigilance and concentration essential.

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Weather conditions.	➤ 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 performance. 	
Emergency and Fire evacuation.	➤ 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. ➤ Emergency evacuation procedure document is in place. ➤ Regular monthly reminders of to the students of where fire doors and assembly points are. 	<ul style="list-style-type: none"> ➤ Evacuation drill and practice required. ➤ Follow Emergency and Fire Evacuation Procedure.
Hazardous substances – e.g. cleaning products for mats and equipment.	➤ Direct contact with cleaning chemicals.	<ul style="list-style-type: none"> ➤ Hazardous substances – e.g. cleaning products for mats and equipment, to be kept locked when not in use. Used by Club Coaches only. ➤ PPE equipment provided if required. 	<ul style="list-style-type: none"> ➤ Direct contact with cleaning chemicals. ➤ Immediate first aid provided, if necessary and/or contact local first responder (999).
Stored equipment.	➤ Users could be injured by falling stacked mats.	➤ Users know that they must stack mats carefully and in a certain way to avoid the risk of collapsing.	➤ Storing equipment to be supervised.
Manual handling.	➤ Users may suffer back pain if they try to lift objects that are too heavy or awkward.	➤ Trolleys available to move heavy equipment and users know where they are kept.	➤ Advice to take time whilst storing of equipment.
Cleanliness of the venue, Dojo and equipment.	➤ Unsanitised areas and equipment could lead to possible infections.	<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. 	➤ Students will be asked to wear their own gloves and use their own weapons.
Transmission of possible infections.	<ul style="list-style-type: none"> ➤ Hand cleanliness. ➤ Passing of infections when administering first aid. 	<ul style="list-style-type: none"> ➤ Students to use sanitiser when entering and exiting the venue and the Dojo. ➤ PPE to be worn when administering first aid. 	➤ Notes to be entered into the Valor Combat Systems Accident Book and countersigned.

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Managing social distancing and especially people attending who may be vulnerable.	<ul style="list-style-type: none"> ➤ People do not maintain 2 metre social distancing. 	<ul style="list-style-type: none"> ➤ Advise each student to comply with the social distance procedures in place at each individual venue. ➤ Limited class numbers to comply with regulations. ➤ Single occupancy of toilets at any time. 	
Someone falls ill with COVID-19 symptoms.	<ul style="list-style-type: none"> ➤ Transmission to other students and attendees of the premises. 	<ul style="list-style-type: none"> ➤ Follow Valor Combat Systems Covid-19 Guidelines. 	<ul style="list-style-type: none"> ➤ Someone falls ill with COVID-19 symptoms.
Changing Rooms/Changing areas/Indoor toilets.	<ul style="list-style-type: none"> ➤ Toilet facilities can now be used – only 1 person at a time. Utilise cleaning facilities provided. 	<ul style="list-style-type: none"> ➤ Changing rooms to remain closed. ➤ Students to arrive at the venue in their respective uniforms for training. 	
Courses/Seminars.	<ul style="list-style-type: none"> ➤ Handling tickets. ➤ Too many people arrive. 	<ul style="list-style-type: none"> ➤ Places to be booked online with limited spaces. ➤ Any attendees who have not pre-booked will be denied access onto the Courses/Seminars. 	