

Department/Section:	Total Combat Academy
Work Activity:	Mixed Martial Arts and Fitness
Activity Location:	St Marks Works, Unit 15/11, LE1 3WU
Persons Affected:	Instructors/Participants
Risk Assessor:	Harks Flora
Date of Assessment:	07/06/2020

Severity x Likelihood	Minor Injury	Major Injury	Serious Injury
Unlikely 1	LOW 1	LOW 2	MEDIUM 3
Likely 2	LOW 2	MEDIUM 4	HIGH 6
Very Likely 3	MEDIUM 3	HIGH 6	HIGH 9

No	What are the Hazards?	Who might be harmed <u>and</u> how?	What are the existing control measures?	Risk (S x L = R)	What further action is necessary to reduce the risk?
1	Walking through car park to access main entrance.	All instructors/participants wanting to access TCA, possible hit by motor vehicle leading to minor injuries to serious depending on type of impact sustained.	Area is well lit and vehicles need to slow down upon entering/exiting due to a speed ramp at car park entrance.	1x1=LOW	All visitors to be vigilant of moving vehicles and parent/carers are responsible for their children/young people.
2	Uneven floor surface in car park.	All instructors/participants wanting to access TCA, possible tripping causing minor injuries.	Area is well lit, all visitors to take their time and advised not to run through car park.	2x1=LOW	Car park has had areas re-filled with concrete making the total area less uneven.
3	Walking up and down stairs.	All instructors/participants entering and leaving TCA, falling up/down stairs leading to minor to serious injuries such as grazes to possible death.	Wait for automatic light to come on before attempting to use the stairs, use the provided hand rail to assist in the safe travel using the stairs.	3x2=HIGH	Speak to Lander Lettings about possibly resurfacing the stairs with grip strips to provide a reduced risk of slipping.

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4	Trapping of fingers on steel entrance door or any other accessible door on site.	All instructors/participants entering and leaving TCA, if door is slammed shut and fingers are not clear then there is a risk of breaking or amputation causing serious bleeding.	Ensure all visitors use the handle of the door and allow door to close without forcing it shut.	3x2=HIGH	Signage on the door to make the risk of trapping fingers more visible, parent/carers to assist children/young people when opening and closing the door.
5	Sexual harassment /exploitation when getting changed.	All instructors/participants getting changed at TCA, there is a risk of being accused of sexual harassment /exploitation when getting changed.	Cubicle changing rooms are available for those that need to get changed, cameras are also installed in public areas away from changing areas and toilets to reduce the risk. All instructors are DBS checked.	2x1=LOW	Current measures and etiquette at the academy requires all instructors and participants to make use of the changing rooms when available.
6	Muscular injuries.	All instructors/participants could sustain minor to serious muscular injuries.	Thorough warm up accordingly to class and a sufficient cool down after class including stretching.	2x2=MED	All instructors have the essential experience to teach safe classes. TCA to invest in upgrading the current heating system which will help reduce the risk of muscular injuries during the colder months.
7	Dehydration.	Participants are at risk of dehydration especially if they have not consumed enough water prior to attending class, could lead to fainting/falling causing minor/serious injurious if not acted upon quickly.	Regular breaks are offered to participants including access to bottles of water.	3x2=HIGH	All instructors are First Aid trained and are able to administrate first aid should it be required.

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8	Impact trauma through striking and grappling classes.	All instructors and participants are at risk of impact trauma whether that be from a punch, elbow, knee, kick or submission technique which could lead to minor to serious injuries such as bruising, rupture or broken bones.	All participants will train in accordance to what the instructor has asked and will lower their speed and power to ensure proper technique is carried out. When sparring exercises are conducted, they must be done at a safe and low intensity, a participant hitting hard enough to cause injury will be warned, and removed from the academy if he/she does not act on their given warning. Instructor to ensure essential equipment such as impact grade mouth guards are used and 14-16oz gloves are worn. Groin and chest guards are optional but advised for students who participate in grappling sessions.	3x1=MED	Drills should be monitored by instructor to ensure participants stick to what has been asked without doing things that have not been asked. Clear and constant reminders for all.
9	Loss of consciousness through striking and grappling classes.	All instructors and participants are at risk of loss of consciousness whether that be from a punch, elbow, knee, kick or applied choke which could lead to minor to serious brain injury.	As above, accidental impact can occur if participants fail to maintain a safe distance and/or refuse to tap once a choke has been applied.	3x1=MED	Examples of drills are to be carried out by instructors who will demonstrate techniques clearly and they will emphasise the risk and dangers of techniques shown.

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10	Injuries sustained from TCA's equipment such as bags, pads, weight benches etc.	All instructors and participants, risk of minor to serious injuries through equipment being neglected or damaged.	Instructors assess and inspect equipment prior to each class, participants are to notify class instructor if they come across any of the equipment being unfit for use.	3x1=MED	Equipment used is of high quality and checked on a regular basis.
11	Weight plates, resistance bands and plyometric boxes	Participants are at risk of tripping, dropping, snapping or falling whilst using equipment leading to minor to serious injuries if improper care is taken.	As above but it is the responsibility of those that use the equipment to ensure things are put back away correctly and they have been instructed on how to use the equipment by an instructor.	3x2=HIGH	Clear signs and sanctions in place for those that are not adhering to H&S rules.
12	Medical emergency occurring as a result of pre-existing condition.	All instructors and participants, risk of minor to serious injuries depending on the type of medical condition.	Medical conditions that have an impact on one's health must be disclosed in confidence to the class instructor and emergency contact details provided along with protocol and procedures as to what to do should a medical condition occur.	3x1=MED	All instructors are first aid trained, Dr Thomas Rickaby to advise and refresh basic first aid practices on a quarterly basis. More than two fully stocked and in date first aid kits available.
13	Broken skin and cuts through contact by partner or contact with jewellery.	All instructors and participants at risk of minor/major injuries.	The wearing of any jewellery is not prohibited during the length of the session including watches and rings.	2x2=MED	None.



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14	Inappropriate attire for classes.	All instructors and participants, inappropriate attire can lead to minor injuries.	Gym attire should be worn, for Boxing/NUDDA classes; boxing boots, shorts and vest/t-shirt. Muay Thai classes; ankle support, shorts, vest/t-shirt. Brazilian Jiu Jitsu classes; GI/Kimono designed for BJJ. Fitness classes; gym trainers with good grip and support, shorts and vest-t-shirt.	1x1=LOW	Instructors reserve the right to refuse to teach participants not in the correct attire.
15	Instructor to participant ratio, lack of supervision.	Participants, through negligence could cause minor to serious injuries.	Instructors are advised to work on a ratio of 20:1 unless senior students/instructors are present or support staff that can offer additional support and monitor the safe practice of participants.	3x1=MED	Waiver forms to be signed by participants to acknowledge that they are also responsible to conduct techniques in a safe manner.
16	Participant becomes ill.	All participants could be at risk if nausea and or diarrhoea which could lead to dehydration or worse.	Copies of consent and medical forms are available. Ensure all instructors are aware of any allergies/health issues such as asthma. Ensure all participants have inhalers/required medical devices.	3x1=MED	Call 111 for medical advice. Inform emergency contact of the participant's illness. Assess if participant needs to go hospital for further attention.

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COVID19 RISK ASSESSMENT					
17	Transmission of COVID19 – Phase 1	All instructors and participants at risk of contracting COVID19, leading fevers like symptoms such as a high temperature, continuous cough a loss or change to smell or taste.	<p>Anyone showing signs or symptoms of COVID19 are politely asked not to come to the academy.</p> <p>Social Distancing – stay at least 2m away from anyone you do not live with.</p> <p>Hand hygiene – Ensure hand sanitisers are available in both rooms along with anti-bacterial hand wash in both toilets, encourage regular cleaning. Do not touch your eyes, nose or mouth if your hands are not clean.</p> <p>Coughing/Sneezing – Cover your mouth with a tissue or sleeve. Tissues to be binned immediately and hands washed straight away.</p> <p>Face mask – it is advised that you cover your nose/mouth when possible.</p>	3x3=HIGH	<p>Frequent cleaning and disinfecting of objects and surfaces that are touched regularly, particularly in areas of high use such as door handles, light switches, reception using appropriate cleaning products and methods.</p> <p>Maximum of 5 students per class, no cash payments.</p> <p>Instructor to check the temperature of students prior to training and record.</p> <p>Students to be advised to enter and leave the academy in their training attire with changing rooms off limits.</p> <p>Zero contact and no sharing of equipment. Stay in designated training space.</p> <p>Instructors to complete COVID Safe Martial Arts Instructor Certification</p>

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18	Transmission of COVID19 – Phase 2	All instructors and participants at risk of contracting COVID19, leading fevers like symptoms such as a high temperature, continuous cough a loss or change to smell or taste.	<p>Anyone showing signs or symptoms of COVID19 are politely asked not to come to the academy.</p> <p>Social Distancing – reduction of distance as advised by government guidance.</p> <p>Hand hygiene – Ensure hand sanitisers are available in both rooms along with anti-bacterial hand wash in both toilets, encourage regular cleaning. Do not touch your eyes, nose or mouth if your hands are not clean.</p> <p>Coughing/Sneezing – Cover your mouth with a tissue or sleeve. Tissues to be binned immediately and hands washed straight away.</p> <p>Face mask – it is advised that you cover your nose/mouth when possible.</p>	3x2=HIGH	<p>Frequent cleaning as mentioned in Phase 1 to continue.</p> <p>Maximum of 10 students per class, no cash payments.</p> <p>Instructor to check the temperature of students prior to training and record.</p> <p>Students to be advised to enter and leave the academy in their training attire with changing rooms off limits.</p> <p>No sharing of equipment including pads, gloves, shin guards etc stay in designated area.</p> <p>To train with the same partner for the duration of the class who is:</p> <ul style="list-style-type: none"> • From the same household. • Have travelled together. • Training partners to both agree they are happy to train together.

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19	Transmission of COVID19 – Phase 3	All instructors and participants at risk of contracting COVID19, leading fevers like symptoms such as a high temperature, continuous cough a loss or change to smell or taste.	<p>Anyone showing signs or symptoms of COVID19 are politely asked not to come to the academy.</p> <p>Social Distancing – further reduction of distance as advised by government guidance.</p> <p>Hand hygiene – Ensure hand sanitisers are available in both rooms along with anti-bacterial hand wash in both toilets, encourage regular cleaning. Do not touch your eyes, nose or mouth if your hands are not clean.</p> <p>Coughing/Sneezing – Cover your mouth with a tissue or sleeve. Tissues to be binned immediately and hands washed straight away.</p>	3x1=MED	<p>Frequent cleaning to continue as mentioned in Phase 1 and 2.</p> <p>Maximum of 18 students per class.</p> <p>Instructor to check the temperature of students prior to training and record.</p> <p>Students can use the changing rooms. Anti-bacterial wipes and bins to be provided in the changing area and a maximum of 3 in the area at a single time.</p> <p>Academy equipment to be used and sanitised between changes, students to use their own gloves, shin guards etc</p> <p>Limit the total number of partner changes throughout the class. Try and stick with partners as mentioned in Phase 2</p>

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20	Transmission of COVID19 – Phase 4	All instructors and participants at risk of contracting COVID19, leading fevers like symptoms such as a high temperature, continuous cough a loss or change to smell or taste.	<p>Anyone showing signs or symptoms of COVID19 are politely asked not to come to the academy.</p> <p>Hand hygiene – Ensure hand sanitisers are available in both rooms along with anti-bacterial hand wash in both toilets, encourage regular cleaning. Do not touch your eyes, nose or mouth if your hands are not clean.</p> <p>Coughing/Sneezing – Cover your mouth with a tissue or sleeve. Tissues to be binned immediately and hands washed straight away.</p>	2x1=LOW	<p>Frequent cleaning to continue as mentioned in Phase 1, 2 and 3.</p> <p>Instructors reserve the right to check the temperature of students should there be any concerns.</p> <p>Continue to provide anti-bacterial wipes and bins in changing areas.</p> <p>Continue to provide anti-bacterial wipes for cleaning of equipment if desired by student.</p> <p>Assess and review in line with government guidance.</p>
21	2 nd Peak COVID19	All instructors and participants at risk of contracting COVID19, leading fevers like symptoms such as a high temperature, continuous cough a loss or change to smell or taste.	<p>Complete lock down of the academy under governments guidance.</p> <p>Padlock doors to the main and fitness rooms to prevent unauthorised access.</p>	3x3=HIGH	None.

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Name of Assessor: Harks Flora				Signed: 	Date: 7 th June 2020
I accept that this is a suitable and sufficient assessment of the hazards and risks within this activity and that the remedial actions will be implemented as detailed below.					
The TCA Team: Dr Thomas Rickaby (Head of Fitness) Harks Flora (Head of Striking and Kids MMA) Balraj Mann (Head of Grappling)				Signed: TRickaby  RSMANN	Date: 12 th June 2020 7 th June 2020 13 th June 2020