

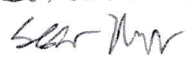





Kaizen Academy Risk Assessment

What is the Hazard?	Who might be harmed or affected?	What action is needed to remove or manage the risk?	Who is responsible for acting and when?	Sign and date when action has been taken and checked.
Learners hit heads and limbs on the sides of the rooms during rolls/take downs.	Learners participating in rolls and drills for BJJ or MMA.	Learners are reset to the centre of the mats when a bout gets too close to a side, unless a drill or roll specifically calls for use of a wall etc MMA cage work prep etc.	Coaches and volunteer coaches.	28/02/2021
Injuries due to impact from takedowns and rolls.	Learners participating in rolls and drills for BJJ or MMA.	Dollamur FLEXI-Roll® Mats lining the floor and walls to absorb the majority of impacts.	Venue designers.	28/02/2021
Joint injuries if a partner holds a submission for too long.	Learners participating in rolls and drills for BJJ or MMA.	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.	Lead coach of a session, coach providing induction sessions, experienced martial artists and learners in the club. 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.	28/02/2021
Hypoxia/Loss of consciousness due to choke applied for too long.	Learners participating in rolls and drills for BJJ or MMA.	See above	See above	28/02/2021
Light bruising/knocks.	Any participant.	Light bruising and knocks are a reality of martial arts training, especially when it involves live rolling and sparring such as with BJJ, MMA and kickboxing as we practice at Kaizen. 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.	Lead and volunteer coach of a session, and the judgement, pressure free culture we seek to create.	28/02/2021

Severe striking impact to head and body (boxing/kickboxing)	Learners participating in boxing/kickboxing or MMA sparing.	Our philosophy is that extremely hard striking (that may lead to a wobbling feeling) consistently in training is detrimental to consistent high-level training and training partners. We seek to reduce this from our training by nurturing a more intelligent approach to sparing, focusing on movement and precision.	Lead coaches and the culture they create around striking classes. Learners are also responsible for dictating intensity of their sparring sessions.	28/02/21 
Fire – Burn Related injuries or death.	Anyone in the building.	Gas outlets traced back into walls so none are exposed. Fire extinguishers installed in corridor and near circuit breaker box, boiler room, gas meter.	Directors, CSO	28/02/2021 
Gym Benches – Trips and falls	Anyone using weights area.	Benches stored along walls and out of the way when not in use.	Staff members, gym users.	28/02/2021 
Free weights – Trips and falls, dropping on limbs.	Anyone using weights area.	All weights have specific storage solutions, clips to be used on barbells to keep plates attached during use.	Staff members, gym users.	28/02/2021 
Electric Sockets – Electric shock	Anyone in the building	Report any damage. Do not use if damaged, check during daily inspections.	Directors and CSO	28/02/2021 
Changing areas and showers wet floor – Slips and falls	Anyone using changing areas or showers.	Appropriate flooring installed, cleaning carried out daily.	Venue designers, directors and CSO, cleaners.	28/02/2021 

This risk assessment was last evaluated on 28/02/2021



Joseph Butler, Chief Safeguarding Officer, Kaizen Academy