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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **Kickboxing** | | **Date** | **13/05/20** |
| **Club or Society** | **Southampton University Kickboxing** | **Assessor** |  | |
| **President or Students’ Union staff member** | **Caitlan Denham** | **Signed off** |  | |

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| ***PART A*** | | | | | | | | | | |
| **(1) Risk identification** | | | **(2) Risk assessment** | | | | **(3) Risk management** | | | |
| **Hazard** | **Potential Consequences** | **Who might be harmed**  **(user; those nearby; those in the vicinity; members of the public)** | **Inherent** | | |  | **Residual** | | | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |  |
| Shadow-boxing/practising of moves | Accidental collision/hitting other members during training | Those in the vicinity | 4 | 2 | 8 | Ensuring adequate spacing between members | 2 | 2 | 4 |  |
| Safety information | Trapped when there is a fire, who to seek for medical help | The members | 2 | 2 | 4 | When people first come into the Cube/MA room we will point out all the fire exits and where to meet at an assembly point. Inform of who to go to for medical help (SUSU reception, S&W) | 1 | 1 | 1 | Make sure the fire drill plan is emailed to the members so they each have a copy of what to do. |
| Practising moves against a partner holding pads | Missing the pad and hitting the person holding them.  Hitting the pad with sufficient force that the user holding the pads hits themselves as a result.  Accidental collision with members nearby. | Person using the pad.  Those in the vicinity. | 5 | 3 | 15 | Demonstrating the proper use of the pads. Hit with little force until one becomes comfortable in their skills.  Ensuring adequate spacing between members. | 2 | 2 | 4 | Anyone who is incapable of using the pads properly/safely will be paired with an instructor for further guidance, so members and/or themselves do not get injured. |
| Training in throws/take-downs | Falling/landing on another member.  Potential injury to the recipient of the move, including damage to soft or hard tissue. | The person being thrown.  Those in the near vicinity | 5 | 4 | 20 | Only allowing training of throws within the MA room due to its matted floor.  Clear demonstration from instructors or experienced members who have received training from instructors, before any moves are performed.  Advising using the throw slowly and in a controlled manner until a member is comfortable with the motion.  Ensuring adequate space between members.  Those with existing injuries will not be allowed to do throws for fear of making their condition worse | 3 | 2 | 6 | Only experienced members will be able to do throws and anyone who is being too rough or does not want to get thrown can do another exercise (i.e. pad work or cardio exercise). This avoids nervous members being thrown or resisting being thrown which would cause damage to oneself |
| Sparring | Minor injury  Severe injury  Damage to teeth  Damage to reproductive organs  Bruising  Possibility of broken noses | Those sparring.  Members within the vicinity. | 5 | 5 | 25 | To be done only within the MA room.  Light, non-competitive sparring only: not using full force in punches or kicks.  No kicks to the head.  No using moves that utilise elbows or knees as the part that strikes the opponent.  Providing safety gear: boxing gloves, shin guards, and head guards.  Strongly advising members to bring their own CUP or similar protective gear for their genitals  Strongly advising members to bring mouthguards to protect their teeth  Partners will be paired on height and relative experience to minimise damage | 3 | 3 | 9 | Letting members know that no one is required to spar as part of their membership, it is always voluntary.  Encouraging above all else respect for yourself and your partner. If a member is unwilling to do certain activities/moves then it is expected that they should voice their concern to their partner.  Defined sparring areas will be established at the end of a session and will only start once normal practice has ceased.  At any time one of the people sparring may stop and the fight will stop. |
| Pulling muscles | Minor injury | Member doing the move | 5 | 2 | 10 | Warm-ups including plenty of stretching  Not to do moves beyond a member’s comfort zone | 2 | 1 | 2 |  |
| High temperatures in summer | Heat exhaustion | Member | 4 | 3 | 12 | Regular water breaks  Never pushing a member past what they are capable of.  Advising appropriate clothing (i.e. breathable light weight fabric) no jogging bottoms | 2 | 2 | 4 | Utilise fans in the MA room |
| Inappropriate clothing and jewellery | Unable to do certain movements within kickboxing (i.e. roundhouse kick) jewellery could hurt member | Member | 3 | 2 | 6 | Advising all members to take off all their jewellery includes, necklaces which can snag, hooped earrings, or wear studs and wear gym clothing suitable for working out in (cotton/ breathable fabric). Hair must be tied up to increase visual field.  In the cube members are to wear protective footwear (trainers) in the MA room members are advised to be barefoot if possible, to reduce the riskof slipping | 1 | 1 | 1 |  |
| Faulty equipment | Injure the user of the pad/glove or their partner | Member and partner | 2 | 3 | 6 | All equipment is stored in Cage 6 for preservation in labelled bags. Equipment is checked at the start of every session and monthly checked over for any issues and faults.  Many experienced members bring their own kit which is in good condition. | 1 | 1 | 1 | All equipment to be checked by the Kit Sec at the start of the term (September 2020) to ensure everything is in good condition |
| Medical History | Members could have medical problems that stop them from doing the moves/injure them severely | Member | 3 | 4 | 12 | All members participate at their own risk - it is their job to voice any medical problems that they have so we can give them alternative moves or advise them on if they should attend. A member can take a break or leave the session whenever they need to. | 2 | 3 | 6 | If there were to be a medical emergency, we would use a first aid kit for minor cuts to deal with the problem  Or call for anyone with more experience (i.e. personnel from Sports and Wellbeing) to help the member. |
| Have proper instruction | Injuries from not performing the move correctly | The members | 3 | 3 | 9 | Have professional instruction by 3rd dan blackbelts of external clubs. They know how to demonstrate and perform the moves correctly to prevent injury | 2 | 2 | 4 |  |
| Room size | Overcrowding and injuries due to close positioning of members | Everyone in the vicinity | 4 | 4 | 16 | Have a sign-up sheet for session in the MA room limiting size to 15 members which allows adequate spacing to reduce overcrowding | 3 | 2 | 6 | If too many people turn up to a session then people who have not signed up will be turned away |
| Travelling to fixtures  (Haven’t done this yet) | Crashes | Everyone travelling and potentially other people | 3 | 5 | 15 | Ensure whoever is driving has passed the SUSU minibus test (i.e. no points on license, held for min 3 years, over 21) Drive at or below the speed limit to prevent accidents, and even lower below the speed limit in heavy rain. We will not travel to fixtures if there is snow or ice to reduce the potential for accidents | 3 | 3 | 9 | If we cannot secure a minibus the train will be used further reducing risks.  We will stand well away from the tracks to avoid falling over the edge  Not sure who will be driving. Would have to wait until September to find out. |
| Fundraising  (Haven’t done this yet) | Injury, overexertion, exhaustion, hoarse throat from fundraising | The fundraisers | 2 | 2 | 4 | Make sure that there is a shift pattern so that there are adequate breaks to rest and switching between sitting and standing so people don’t get too fatigued. | 1 | 2 | 2 |  |
| Risk of catching COVID-19/coronavirus | Society members, committee members and/or coach catch COVID-19/coronavirus due to attending kickboxing session(s), and potentially fall seriously ill | Society members.  Committee members.  Coach running the sessions | 3 | 5 | 15 | Ensure that members are spaced adequately (1-2 metres dependent on severity of COVID risk)  Limiting numbers at sessions – we would do this by creating a sign-up sheet for each session, limiting the total number of attendees to 30 to reduce numbers and contact.  Sign-up sheets would also be used to maintain records of attendance. If a society member, committee member and/or coach falls ill with COVID-19/coronavirus, other members that have recently come into contact with ill person in question can take prevention/containment measures accordingly i.e. quarantining for 14 days in order to stop further spread of the virus.  Each participant to disinfect themselves with hand sanitiser upon entry and exit of the room in which activity takes place.  Sparring to be kept to a minimum during sessions. Sparring will not be allowed to continue if committee members believe Health and Safety guidelines are being compromised.  No throws to be performed as it requires coming into close contact with another member.  NGB guidelines permit the sessions to continue so long as there is no contact within groups of more than six. Therefore we are maintaining 100sq ft per member. | 2 | 3 | 6 | Purchasing anti-bacterial cleaning supplies to clean kit before and after use, and to wipe down any surfaces that members are likely to come into contact with e.g. door handles.  Encourage person affected by COVID-19/coronavirus to stay at home/quarantine until they are back to full health to prevent further spread of the virus.  Creation of a waiver form for new and existing members to sign to say they confirm they have understood the following:   * that SUSU do not cover insurance for COVID-19/coronavirus * that they are happy to continue with activity despite the potential risk of COVID-19/coronavirus * that if they are to partake in activity they must abide by Kickboxing Society guidelines and government guidelines on social distancing |
| Taster Sessions | Society members, committee members and/or coach catch COVID-19/coronavirus due to attending kickboxing taster session(s), and potentially fall seriously ill, as well as any and all risks mentioned above, that could occur in the session | Society members.  Committee members.  Coach running the sessions | 3 | 5 | 15 | All the measures mentioned above  Limiting the number of participants to 30 or less or whatever we feel is adequately required for the space and/or session.  Sign up sheets will be used to maintain records and track who has attended the sessions. If any participants were to fall ill, effective countermeasures can be taken by others who have come into contact with said person.  Managing entrance and exit into the venue, letting participants in and out gradually to reduce contact and avoid crowding.  Following NGB guidelines, maintaining 100sq ft per member, subject to change when necessary with the guidelines. | 3 | 3 | 9 | All the measures mentioned above. |

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| ***PART B – Action Plan*** | | | | | | | |
| **Risk Assessment Action Plan** | | | | | | | |
| **Part no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | | **Review date** | **Outcome at review date** | |
| 1 | Review the condition of the kit | Kit Sec | Sept 2020 | | Sept 2020 | Replace damaged kit with new kit | |
| 2 | Purchase a First Aid kit for the club (~£30) | Committee | Sept 2020 | | Sept 2020 | To have on hand; plasters, bandages, antiseptic wipes and cold packs as well as documentation to say who has received the medical treatment and why, so we can keep a record of who has been injured and adjust training accordingly. | |
| 3 | Purchase anti-bacterial cleaning supplies (~£30) | Committee | Sept 2020 | | Sept 2020 | To use before and after sessions for wiping down kit and other surfaces that members are likely to come into contact with, in order to avoid spread of germs during coronavirus outbreak. | |
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| Responsible committee member signature: CBDenham | | | | | Responsible committee member signature: JCB | | |
| Print name: Caitlan Denham | | | | Date: | Print name: Jules Barretto | | Date |

**Assessment Guidance**

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| 1. Eliminate | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why |  |
| 1. Substitute | Replace the hazard with one less hazardous | If not possible then explain why |
| 1. Physical controls | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 1. Admin controls | Examples: training, supervision, signage |  |
| 1. Personal protection | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| **LIKELIHOOD** | 5 | 5 | 10 | 15 | 20 | 25 |
| 4 | 4 | 8 | 12 | 16 | 20 |
| 3 | 3 | 6 | 9 | 12 | 15 |
| 2 | 2 | 4 | 6 | 8 | 10 |
| 1 | 1 | 2 | 3 | 4 | 5 |
|  | | 1 | 2 | 3 | 4 | 5 |
| **IMPACT** | | | | |

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| Impact | | Health & Safety |
| 1 | Trivial - insignificant | Very minor injuries e.g. slight bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered. |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical support. |
| 4 | Major | Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work. |



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| Likelihood | |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |