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| **Risk Assessment** | | | | | |
| **Risk Assessment for MMA training** | **Mixed Martial Arts Training** | | **Date**  20/03/2021 |  | |
|  | **Name** | **Role** | | | **Experience/Qualification** |
| **Club or Society Representative**  required | Daniel Callaghan | Health and Safety Officer | | | **N/A** |
| **Qualified/Experienced Individual\***  required | Laura Smith | President | | | WIDE training. Risk Assessment and COVID-19 training, in accordance with SUSU mandate.  Liaison with qualified coaches and governing bodies of institutions. |

**SUMMA Roadmap out of Lockdown**

*The below roadmap follows the government roadmap out of lockdown (see here:* [*https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary*](https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary)*), and fully adheres to all outlined guidance. This information is subject to change, as there may be delays to the dates that each stage can progress. In this event, training will NOT operate at the outlined capacity and our members will be informed of changes to training. Our members are currently aware of this.*

29th March – outdoor sessions in groups of 6 will be allowed. We will encourage our members to arrange sessions with their SUMMA family bubbles and find time to meet outdoors to train.

12th April – individual gym use is permitted. We will be renting a space with boxing bags and grappling dummies to allow individuals to train alone. We will be showing solo drills, exercise routines and more to keep our members active and engaged. We will be enforcing strict social distancing, hygiene measures and cleaning all equipment between uses.

May 17th – indoor classes can resume. We will continue classes with the same measures used in October 2020, where individuals train with a partner in their home bubble, remain socially distanced and are temperature checked on entry. Anyone with symptoms or a high temperature will be refused from training.

June 21st – all restrictions lift, and training can resume as it was in 2019. We would like to err on the side of caution, however, and will continue to employ the measures outlined in this risk assessment. Members that have received both of their vaccinations will be afforded more freedom and will be able to train with another member who has also received both vaccinations that is not in their home bubble.

Additionally, we urge our members to be part of the weekly saliva testing programme. With the measures outlined in prior risk assessments (see “MMA Risk Assessment 16/10/2020”) we were able to keep our society entirely COVID-free and had 0 reported cases of COVID transmission through our training and society activities. We hope to keep this standard of hygiene and organisation for the rest of this year to ensure the safety, happiness and health of our members.

| **Hazard** | **Action** | **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** |
| Covid-19 | 1. Hand washing | * Anyone participating in the event. * Especially: elderly, those with pre-existing health conditions such as asthma,. * Any persons who those participating may interact with during or after event. | **3** | **5** | **15** | * Enforce mandatory sanitising of hands regularly, especially if someone is leaving the gym. * Encourage participants to purchase and share portable hand sanitizer bottles . | **2** | **3** | **6** | * Any equipment placed on hands eg, hand wraps, gloves should not be shared and should be encouraged to be washed or wiped down at regular intervals. * Provide sanitisation equipment (e.g. alcohol gel). |
| Covid-19 | 2. Social Distancing | * Anyone participating in the event. * Especially: elderly, those with pre-existing health conditions such as asthma,. * Any persons who those participating may interact with during or after event. | **3** | **5** | **15** | * Encourage people not to come to the session in large groups and instead come individually or with their training partner, moreover the 6 bubble group will also be encouraged. * Avoid contact with anyone in the gym who is not part of the society and taking part in the event, or those outside your bubble | **3** | **3** | **9** | * One of committee can supervise attendees of event to ensure they stay within training and event bubble. |
| Covid-19 | 3. Social Distancing – Where people are unable to keep required distance | * Club/Socs Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **3** | **5** | **15** | Maintaining a 1m distance will not be possible for Brazillian Jiu-Jitsu, however we are circumventing this issue by developing ‘bubble groups’ of people of 6 who train together, and encouraging members to bring someone from their home bubble to train with. | **2** | **5** | **10** | * Where it’s not possible for people to be 2m apart, you should do everything practical to manage the transmission risk by: * Considering whether an activity needs to continue for the Club/Socs to operate * Staggering arrival and departure times * Reducing the number of people each person has contact with by using ‘fixed teams or partnering’ |
| Covid-19 | 4. Movement around Buildings | * Club/Socs Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **3** | **5** | **15** | * Until the 12th April, training may not occur inside any buildings, however from the 29th March, outside training may occur in groups of 6. * However, enforcement against bubbles mixing must be complied with. | **2** | **3** | **6** | Hosting Freshers taster sessions outside with clearly delineated 2m marking.   * Possibility of using an outside space is considerable, would allow for easier social distancing. * Outdoor university spaces will be considered and booked, as well as external outdoor spaces will be utilised such as parks. |
| Covid-19 | 5. Explain the rules and safety guidelines relating to the event so every participant is aware. | * Club/Socs Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **3** | **5** | **15** | * Ensure every participant has confirmed their knowledge of how the event will run, its location, and the expectations that the society has on following safety guidelines, explicitly towards COVID. * Ensure the RA is uploaded on Groups Hub and request your members download and read it. * Use your social media and Club/Society communication channel to make all the members aware about the changes in your activities and encourage the to take all the precautions. * Ensure every activity starts with a reminder of key COVID-19 precautions and how to maintain them * Ensure participants are aware of the consequences of not complying with guidance (i.e. exclusion from activity) | **2** | **2** | **4** | Upload clear and legible time table of event and possibly a society video call where any questions or queries can be tended to. |
| Covid-19 | 6. Protecting people who are at higher risk You should think about | * Club/Socs Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **3** | **5** | **20** | * Ask members to clarify if they have any specific health conditions which may put them in the ‘at risk’ category, and encourage those who fall in that category to utilise the online portion of the event which will be available. * Provide meaningful alternative activity for those who are shielding, this will include the use of videoing our sessions so those unable to attend can watch. * Helping members at increased risk to engage from home, either in their current role or an alternative role | **2** | **5** | **10** | Higher risk people will be encouraged to only train and attend with specific people and at allocated sessions should they want to attend.  However, online video of events will be streamed and will be encouraged to be watched instead. |
| Covid-19 | 7. Symptoms of Covid-19 | * Club/Soc Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **4** | **5** | **20** | * If member becomes unwell with a new continuous cough or s high temperature they will be sent home and advised to follow the stay at home guidance. * Committee Members will maintain regular contact with members during this time. * If advised that a member has developed Covid-19 and that they were recently in contact with member, the Club/Socs committee will contact SUSU Activities Team and will encourage the person to contact Public Health England to discuss the case, identify people who have been in contact with them and will take advice on any actions or precautions that should be taken. <https://www.publichealth.hscni.net/> | **3** | **5** | **15** | * Provide meaningful alternative activity for those who have someone shielding in their household * Helping members at increased risk to engage from home, either in their current role or an alternative role * Offering people the safest available roles in an activity   Use thermometer testing on entry to training, denying entry with high temperature.  Provide additional sanitising equipment to members. |
| Covid-19 | 8. Online livestream | * Club/Soc Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **1** | **3** | **3** | * Encourage those with pre-existing conditions to watch online instead. * Due to universities polices this semester, online interaction will be further capitalised to allow involvement of larger numbers simultaneously. | **1** | **1** | **1** |  |
| Minor injuries | 9. First aid availability | * Club/Socs Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **3** | **5** | **15** | * Ensure there is a first aid kit within a minimum vicinity of the training area, and preferably have someone who is first aid trained within the same vicinity. * Enforce use of mandatory protection, such as head and mouth guards and gloves as well as shin guards. * As training is occurring outside this semester, mats will be used to prevent injury on rough ground. | **2** | **5** | **10** | * Relay the importance of sparring and grappling to participants, ensuring they understand the appropriate force to use with their partner. |
| Overcrowding | 10. Session limits | * Club/Socs Members * Anyone else who physically comes in contact with you in relation to your activity | **1** | **3** | **3** | * Only allow a limited number of attendees per session. * Bubbles of 6 will be enforced and these bubbles will not be mixed, however multiple bubbles can show up to an event. * Online live stream will be set up to ensure those who cannot attend are still able to participate. | **1** | **2** | **2** | * There may be multiple sessions occurring, so if one is too crowded, encouraging attendance of a simultaneous or later session is a good idea. |
| Covid-19 | **11. Sharing equipment** | * Club/Socs Members * Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions * Anyone else who physically comes in contact with you in relation to your activity | **2** | **5** | **10** | * Discourage any sharing of equipment, especially mouth guards. * Encourage people to purchase or rent their own kit. * Kit sharing may be allowed inside of bubbles if needed, however this should be mostly discouraged and avoided if possible. | **2** | **2** | **4** | * If kit is ever shared against better judgement, ensure it is thoroughly wiped and sanitised before shared use occurs. |
| Severe injuries | **12, Educate** | * All those participating in sparring or grappling | **1** | **4** | **4** | * If possible, educate participants on what the consequences of their movements and techniques can have, eg, the explicit damage a followed through kimora or chokehold can have. * Ensure sparring partners and communicating with each other. | **2** | **4** | **8** | * Encourage tapping well before any actual pain is felt. * Be spatially aware as to not fall onto an adjacent sparring partner. |
| Concussion | **13, Protection** | * Every member attending and sparring. | **2** | **2** | **4** | * Ensure all activity is taken on top of a mat. * Enforce use of mouth guards, head protection and appropriate use of force. | **1** | **3** | **3** |  |
| COVID-19 | **14, Outside training until 12th April** | * Possible interaction with general public could cause propagation of virus. * Lack of safe and comfortable ground surface limits ju jitsu training and general training options due to increased risk of injury. | **2** | **3** | **6** | * Outside training areas will be attempted to be placed in areas out of the publics way to ensure a lack of interaction with those outside of the training bubbles. * Mats could possibly be laid on the ground to cushion falls and possibly allow ju jitsu training in controlled situations. * Outside sessions will be announced on facebook, and session limits will be established to ensure session is not overcrowded and will not be broken up by local council forces. |  |  |  | * Same COVID safety rules will apply, with handwashing, restriction of sharing equipment, and use of temperature checker before someone participates in the session. |

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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 | Enforce mandatory and regular hand washing and sanitisation. | Laura Smith | 10/09/2021 | | 13/09/2021 | Thermometers and sanitising equipment ordered and received. | |
| 2 | Restriction of bubble mixing to be enforced. | Laura Smith |  | |  | To be completed daily. | |
| 3 | Session limit to be imposed on each session. | Laura Smith | 12/09/2021 | | 13/09/2021 | Session limits have been placed on the current registering scheme. | |
| 4 | Inform the society about the event will take place and safety expectations. | Laura Smith |  | |  |  | |
| 5 | Urge members bring a partner or arrive with their bubble to each session | Laura Smith | 10/09/2021 | | 12/09/2021 | Completed. Will be in progress throughout the year and event. | |
| 6 | Develop bubble training sessions. | Laura Smith | 12/09/2021 | | 13/09/2021 | Completed. Ready for use. | |
| 7 | Develop session registering scheme. | Laura Smith | 12/09/2021 | | 13/09/2021 | Completed. Ready for use. | |
| 8 | Ensue first aid is brought to every outdoor training location | Laura Smith |  | |  |  | |
| 9 | Ensure participants have correct safety gear (mouth guards etc) | Laura Smith |  | |  |  | |
| 10 | Outside training in groups of maximum 6 to begin from the 29th March | Laura Smith | 29/03/2021 | | 13/09/2021 |  | |
| 11 | Educate participants on dangers and risk of injuries. | Laura Smith |  | |  |  | |
| 12 | Solo training in external gyms - from the 12th April - such as Exile will begin | Laura Smith | 29/03/2021 | | 13/09/2021 |  | |
| 13 | Prepare for normal inside training in University buildings from the 17th May, whilst simultaneously being aware of changes in government policy until then and any remaining covid measures to be mandatorily taken after said date. |  | 17/05/2021 | | 13/09/2021 |  | |
| Responsible manager’s signature: Daniel Callaghan | | | | | Responsible manager’s signature: Laura Smith | | |
| Print name: DANIEL CALLAGHAN | | | | Date: 09/09/2020 | Print name: DANIEL CALLAGHAN | | Date: 09/09/2020 |