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| **Risk Assessment** |
| **Risk Assessment for MMA training** | **Mixed Martial Arts Training** | **Date**10/05/2021 |  |
|  | **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. |

| **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)** |
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| **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 entering or leaving the gym.
* Encourage participants to purchase and share portable hand sanitizer bottles.
 | **2** | **3** | **6** | * Any equipment placed on hands e.g., hand wraps, gloves should not be shared and should be encouraged to be washed or wiped down at regular intervals.
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| 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** | * As of 17th May, gatherings of 30 people will be allowed (as advised by the UKBJJA), so larger groups may be permitted in outdoor sessions, provided other guidelines such as sharing of equipment are followed
* Avoid contact with anyone in the gym who is not part of the society, taking part in the event, or part of the party of 30 if the session is outside.

  | **3** | **3** | **9** | * One of committee can supervise attendees of events and training to ensure they stay within training and group bubbles.
* Face masks must be worn to and from each activity, especially within buildings or on University premises.
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| 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** | * Developing ‘bubble groups’ of people of 6 who train together or groups of 30 ( under advice from phase 3 of UKBJJA’s COVID roadmap) should the session be outside and encouraging members to bring people from their household bubble to train with.
* Brazilian ju-jitsu will be able to take place safely provided rolling remains 1:1 as of the 12th April, as advised by the UKBJJA
 | **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’
* Spare face masks will be in storage to ensure people are travelling to and leaving the session with face masks on.
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| 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, as advised by the UKBJJA.
* Strongly advise use of facemasks when travelling in buildings.
* However, by 17th May, indoor gym training will be permitted, as advised by the UKMF guidelines, as well as bubbles of 30 in outdoor training.
 | **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.
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| 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.
* Encourage use of track and trace will society members, especially those regularly attending sessions.
* 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 communication and updates | * 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** | * Any updates on the COVID-19 situation and any changing policies of the government or University will be relayed as soon as possible to all committee and members of the society to ensure that MMA trainees are aware of the situation in regards to training.
* Ensure all members of the society, including committee, regularly attending sessions have signed up to track and trace.
 | **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.
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| 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, as of 17th May, 15 in external gyms, 30 in outside sessions and 20 within the University Sports Hall, as advised by the UKBJJA.
* Bubbles of 6 will be enforced ( as advised by the UKBJJA) and these bubbles will not be mixed, however as of the 17th May, groups of 30 will be permitted in outside training, as stated by the government and advised by the UKBJJA.
* Online live stream will be set up for large events such as fight night to control numbers in the premises, should the University or gym not permit it.
 | **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.
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| 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 the UKBJJA strongly advise against this and should be avoided if possible.
* All personal items and equipment must be stowed away safely before a session begins, and training clothing must be removed before trainee leaves the premises, as advised by the UKBJJA.
 | **2** | **2** | **4** | * If kit is ever shared against better judgement, ensure it is thoroughly wiped and sanitised before shared use occurs.
* Any kit used in external gyms should be registered as being used by the society and must be sanitised before the session ends.
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| 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, e.g., the explicit damage a followed through kimora or chokehold can have, such as brain damage, hyperextension and breakage of limbs.
* 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.
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| 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, shin guards, adequate wrapping of hands and correct Oz gloves used during sparring, as well as 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.
* Outside training will adhere to the 17th May guidelines, allowing groups of 30, under advice from the government and phase 3 of the UKBJJA’s COVID roadmap.
* 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 and upheld on signing up spreadsheets 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, use of facemasks to and from the session, and use of temperature checker before someone participates in the session.
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| COVID-19 | **15. Returning to training in Southampton University premises (Sports Hall)** | * Any member of the society attending training sessions
 | **2** | **3** | **6** | * Every control measure mentioned prior - from restrictions on kit sharing to enforcement of regular hand and kit washing- will be enforced as per usual.
* Face masks must be worn when travelling to and from sessions, especially when travelling indoors when contact with other people is more likely.
* Cleaning of used rooms after every session by committee or by attendees will be encouraged ( strongly advised by the UKBJJA) , ensuring clean equipment (mats) for the following session, and a clean, safe environment for the next use of the building by another society.
* Sessions limits of 20 in the sports hall, and 30 in outside training along with 15 in external gyms, and restrictions will align with University, and UKBJJA and UKMF guidelines.
 | **1** | **3** | **3** | * Development and improvement of our session registering scheme derived from the COVID-19 period will be utilised to ensure only registered members of controlled numbers will be allowed into each room during our current training sessions.
* Enquire with University about any extra cleaning rotas in training areas before sessions for optimal safety of participants, as other societies will be utilising these rooms before and after our own.
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| **COVID-19** | **16, Emphasis on bubbling, equipment raining and 1:1 training in external gyms (e.g. Exile and Jack Bishop Boxing Academy)** | * Any attending member of the society, or those who are in contact with the society members.
* Possible interaction with general public could cause propagation of virus.
 | **2** | **3** | **6** | * Encourage engagement with equipment, such as boxing bags and BJJ dolls as per the UKBJJA guidelines from the 12th April, in which adults should be allowed to re-engage in equipment sparring.
* Session registration scheme will only allow 15 people per session at external gyms, to ensure adequate social distancing between trainees and to assist in tracking those who may need to isolate should a trainee receive a positive COVID test.
* Passwords and keycodes to enter gyms will be confined to those who are registered members of the society, and who have confirmed to have signed up for that session. Additionally, all those in the society will be encouraged to participate in the NHS track and trace programme. Those who do not meet these pre-requisites may be excluded from attending sessions.
* Fighting rings in both Exile, and Jack Bishop Boxing Academy will only be used for 1:1 sparring as of the 17th May, as advised by the UKBJJA, and only those sparring will be allowed in the ring at that time.
 | **1** | **2** | **2** | * Ensure that previous measure of cleaning equipment is enforced, with possible registration system on who used what equipment to ensure the user of said equipment sanitises it after use.
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| **COVID- 19** | **17, Track and trace, testing kits.** | * Possible interaction with general public could cause propagation of virus.
* Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions
 | **2** | **3** | **6** | * Encourage all registered, and regularly attending members of the society to register with the NHS track and trace system, in the unfortunate circumstance someone who had attended the session is made to isolate, all other trainees can pre-emptively isolate. This in tandem with the sign up sessions will also make it easier to track those who may need to isolate should an attending trainee receive a positive test.
* University drop off saliva testing programme are currently closed, though is expected to be running again after easter. Once the programme is running again, members will be expected to sign up to the programme and regularly drop off tests, especially if the trainee is regularly attending sessions. Additionally, in the event of an upcoming show or fight, any fighter expecting to participate must sign up to this programme in the lead up.
* University of Southampton is now offering test at home kits on Highfield Campus during easter, all society members will be encouraged to use this during the Easter period, should they think they may have contracted COVID, or before an event or session.
 | **2** | **4** | **6** | * Those who refuse to partake in any of these precautionary activities will be possibly excluded from attending sessions or events.
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| **Non-compliance and COVID-19** | **18, Discipline**  | * Possible interaction with general public could cause propagation of virus.
* Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions
 | **3** | **3** | **9** | * NHS track and trace, University self testing kits, enforcement of the sign up scheme and logical decisions to isolate or avoid gatherings exceeding limits will be strongly advised and expected of society members to keep all trainees safe.
* Face masks, regular sanitary activity and adherence to social distancing rules until the 21st of June will be advised to all members of the society.
* Enforcement of proper use of session registration system to ensure session limits are not exceeded (15) and that everyone attending is, firstly, a member of the society, and therefore subject to our rules surrounding COVID-19.
 | **1** | **3** | **3** | * Those who refuse to partake in these precautions until the 21st June 2021 (as advised by the UKMF) , when the government has stated all restrictions on social contact will be lifted will be reminded of the Universities policies and may be excluded from attending certain, to all sessions.
* Further failure to comply could initially result in temporary suspension from the society, and on repeat offences, permanent suspension from the society, not including any additional actions from the University themselves.
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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, with deep and intense cleaning of gear and mats, along with correct stowing of personal items before and after sessions, and avid use of face masks when travelling to and from sessions. | Laura Smith  | 10/05/2021 | 17/05/2021 | Thermometers and sanitising equipment ordered and received. |
| 2 | Encourage trainees not to mix with people outside of society in gyms or outside | Laura Smith | 10/05/2021 | 17/05/2021 |  |
| 3 | Session limits still to be imposed on every session (15 for external gyms, 20 for University Sports Hall) with online sign up sheets being enforced to ensure session limits are kept, and to work alongside the track and trace to  | Laura Smith | 10/05/2021 | 17/05/2021 | Session limits have been placed on the current registering scheme. |
| 4 | Inform the society about the event will take place and safety expectations, and ensure regular online updates on the current COVID situation to members. | Laura Smith | 10/05/2021 | 17/05/2021 |  |
| 5 | Urge members bring household partners and not mingle with training fighters outside of the society. | Laura Smith | 10/05/2021 | 17/05/2021 | Completed. Will be in progress throughout the year and event. |
| 6 | Encourage households to attend sessions or regular attendees per session. | Laura Smith | 10/05/2021 | 17/05/2021 | Completed. Ready for use. |
| 7 | Continue with online session registering scheme, and use in tandem with track and trace to follow any possible cases of COVID, and who will subsequently need to isolate. | Laura Smith | 10/05/2021 | 17/05/2021 | Completed. Ready for use. |
| 8 | Ensue first aid is brought to every training location | Laura Smith | 10/05/2021 | 17/05/2021 |  |
| 9 | Ensure participants have correct safety gear (mouth guards, shin guards, correct Oz gloves etc) | Laura Smith | 10/05/2021 | 17/05/2021 |  |
| 10 | Outside training in groups of maximum 6 to begin from the 29th March, and 30 from the 17th May as per UKBJJA guidelines | Laura Smith | 10/05/2021 | 17/05/2021 |  |
| 11 | Educate participants on dangers and risk of injuries. | Laura Smith | 10/05/2021 | 17/05/2021 |  |
| 12 | Training in external gyms - from the 12th April in groups of 15, as per government and UKBJJA guidelines, - such as Exile and Jack Bishop Boxing Academy will begin | Laura Smith | 10/05/2021 | 17/05/2021 |  |
| 13 | Prepare for normal inside training in the University Sports Hall in groups of 20 from the 17th May, as advised by the UKMTF, whilst simultaneously being aware of changes in government policy until then and any remaining covid measures to be mandatorily taken after said date. |  | 10/05/2021 | 17/05/2021 |  |
| 14 | Encourage society to participate in NHS track and trace, along with obtaining University-provided self-test kits over Easter, and in the drop in saliva testing programme after Easter. |  | 10/05/2021 | 17/05/2021 |  |
| Responsible manager’s signature: Daniel Callaghan | Responsible manager’s signature: Laura Smith |
| Print name: DANIEL CALLAGHAN | Date: 09/05/2021 | Print name: DANIEL CALLAGHAN | Date: 09/05/2021 |