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| **Risk Assessment** |
| **Risk Assessment for the activity of MMA fight night**  | **Mixed Martial Arts Training for MMA tournament** | **Date** | 24/7/202125/7/2021 |
|  | **Name** | **Role** | **Experience/Qualification** |
| **Club or Society Representative** | Daniel Callaghan | Health and Safety Officer | **N/A** |
| **Qualified/Experienced Individual\*** | Laura Smith | President | Liaison with qualified coaches and governing bodies  |

\* This can be a representative of an NGB, Partner Organisation or individual with relevant experience/qualification. Where an external individual is not available/appropriate a second sign-off within the Club or Society is acceptable where experience can be referenced.

**COVID-19: Advice, guidance and Risk Assessment for Clubs and Societies**

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal. Please see below for a checklist guidance to help Clubs, Societies and students to understand how to participate to activities safely during the coronavirus pandemic.

Covid-19 Activities Check List for Clubs and Societies:

☐ *Read the latest Government updates and guidelines* Completed

☐ *Appoint a lead on health and safety within your committee (This person needs to complete Health & Safety online training, the Risk Assessment completion training and be updated on the latest COVID-19 overview/guidance)* Pending SUSU advice

☐ *Review and update existing Risk Assessments to include COVID-19 risk management or review and submit and additional COVID-19 Risk Assessment covering additional risks* Completed

☐ *Share the results of the risk assessment with your members and on your website and Groups Hub, this has to be available for download.* Completed.

☐ *Check in advance if the facilities you want to use have reopened and their guidance for returning to activity* Completed.

☐*Register any activities that your club is planning to organise on SUSU website at least 5 working days before the activity will take place* Noted.

☐ *Check the RA of any venue/location or facility where the Club or Society intend to hold the event and share guidance with members* Completed.

☐ *The activity can go ahead once you have received the confirmation from SUSU staff.* Noted.

As a SUSU affiliated Club or Society, you must protect people from harm. This includes taking reasonable steps to protect your members and others from coronavirus. This risk assessment will help you manage risk and protect people. In this Risk Assessment we expect you to:

* Identify what activity or situations might cause transmission of the virus;
* Think about who could be at risk
* Decide how likely it is that someone could be exposed
* Act to remove the activity or situation, or if this isn’t possible, control the risk.
* This is a draft copy of a generic Risk Assessment for dealing with the current Covid-19 situation. It is not likely to cover all scenarios and each Club or Society should consider their own unique circumstances.

| **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 | * Clubs/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** | **5** | **5** | * Providing hand sanitizer around the environment, in addition to washrooms
* Frequently cleaning and disinfecting objects and surfaces that are touched regularly, ring will be cleaned in-between fighters.
* Setting clear use and cleaning guidance for toilets, limits per toilet.
 | **1** | **3** | **3** | * Ensure hygiene standards of all spaces are adequate, and prevent people spectating who do not adhere to hygiene rules.
* Encourage fighters and trainers to practice good personal hygiene.
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| Covid-19 | 2. Social Distancing | * 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** | Social Distancing - Reducing the number of persons in any activity area to comply with the 2-metre gap recommended by the Public Health Agency <https://www.publichealth.hscni.net/news/covid-19-coronavirus>  <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people> Introduce a limit to the number of people attending the tournament and space seats out, or utilise tables for groups.  | **2** | **3** | **6** | * Putting up signs to remind members and visitors of social distancing guidance
* Using floor tape or paint to mark areas to help people keep to a 2m distance
* Arranging one-way traffic through the location if possible
* Having a register on the door and turning away people who have not signed up to the event.
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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** | People should keep a distance of "one metre plus" this means staying a minimum of one metre apart, while observing precautions to reduce the risk of transmission. This is not possible for fighters obviously.Household groups may be able to rent tables to spectate in their bubbles. | **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:
* Using screens or barriers to separate people from each other
* Using back-to-back or side-to-side sitting whenever possible
* Reducing the number of people each person has contact with by using ‘fixed teams or partnering’ during pre fight training.
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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** | * Reducing movement by discouraging non-essential trips within buildings and sites.
* Reducing the number of people in attendance, linked t to reducing number of possible spectators at tournament.
 | **2** | **3** | **6** | * Possibly introducing a system where people can only leave the building once, and once left, re-entry is not allowed.
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| Covid-19 | 5. Explain the changes you are planning to make your activity Safely  | * 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
 |  |  |  | * 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 participants are aware of the consequences of not complying with guidance (i.e. exclusion from activity)

  |  |  |  | * Ensure all participants and spectators are informed via facebook of expectations.
 |
| 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
 | **4** | **5** | **20** | * Ask members to clarify if they have any specific health conditions which may put them in the ‘at risk’ category
* Planning for people who are unable to engage in person
* Helping members at increased risk to engage from home, either in their current role or an alternative role
* Planning for members who need to self-isolate.
 | **2** | **5** | **10** | Prevent or encourage fighters who have health conditions to not fight. We urge high risk members or those who live with high risk individuals to shower after their fight and follow all government guidance, including wearing a mask during the rest of the event. |
| 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** | * ensure all Soton fighters are on the weekly saliva testing system
* test any fighters from other unis before the event, only allow negative results to compete -check temperature on entry/registration, deny entry to anyone with symptoms or a high temp –
* provide alcohol gel/wipes and encourage fighters to sterilise their equipment and practice good hygeine
 | **3** | **5** | **15** | * Planning for people who are unable to engage in person
* 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

Provide additional sanitising equipment to members. |
| Covid-19 | 8. Face coverings  | * 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** | Public Health guidance on the use of PPE (personal protective equipment) to protect against COVID-19 relates to health care settings. In all other settings individuals are asked to observe social distancing measures and practice good hand hygiene behaviours Where PPE is a requirement for risks associated with the work undertaken the following measures will be followed-  Tight-fitting respirators (such as disposable FFP3 masks and reusable half masks) rely on having a good seal with the wearer’s face. A face fit test will be carried out to ensure the respiratory protective equipment (RPE) can protect the wearer. Wearers must be clean shaven.  | **1** | **1** | **1** | * Face coverings that cannot be adequately disinfected (e.g. disposable half masks) should not be used by more than one individual.

Reference <https://www.hse.gov.uk/news/face-mask-ppe-rpe-coronavirus.htm>  |
| Mentality |  9. Mental Health   | * 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
 | **3** | **5** | **15** | * Committee members will promote mental health & wellbeing awareness to members during the Coronavirus outbreak and will offer whatever support through training such as WIDE
* Ensure fighters are comfortable with fighting and are not suffering from debilitating pressure or anxiety.
 | **2** | **4** | **8** | * Ensure spectators are aware of aggression that will be on display, and very miniscule chance of observed injury.
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| Covid-19 | 10. Travelling for physical activity  | * 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
 |  |  |  | * Participants and spectators will be encouraged to not leave the building unless for toilet use, and once left, re entry may not be allowed.
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| Covid-19 | **11. Sharing equipment (sport and non-sport)**  | * 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
 |  |  |  | * We expect you to follow sensible precautions and clean in between users, and to follow [COVID-19 Secure guidelines](https://www.gov.uk/coronavirus?gclid=EAIaIQobChMIn_XC1OTe6QIVCLLtCh19cABWEAAYASAAEgJJO_D_BwE)
 |  |  |  | * Where possible we recommend that you limit sharing of equipment, for example you should use your own shin pads, boxing gloves and mouthguard. but if you do, practise strict hand hygiene.
* If you are sharing equipment, you should wash your hands thoroughly before and after use, as well as all the equipment used.
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| Injuries | **12, First aid and safety** | * Fighters participating in combat, and possibly spectators becoming uncomfortable should an accident occur
 | **1** | **4** | **4** | * Paramedics and first aiders on hand in the area.
* Professional referee will be overlooking the fight, and will call it off at any sign of injury or unwillingness to fight or defend oneself.
* 16 Oz gloves, shin guards and mouthguards along with groin cups will be mandatory to participate.
 | **1** | **3** | **3** | * Fighters will be thoroughly briefed before so all know what strikes are allowed in the ring, preventing injury from illegal strikes.
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| Ring hygiene | **13, Hygiene in the ring** | * Any person in the ring, from the referee, to cornermen, to fighters.
* Spectators
 | **2** | **4** | **8** | * Only 2 cornermen allowed to limit capacity
* Ring will be standard 22x22 ft ring in compliance with safety expectations and padded to prevent injury should falls occur.
* Referees and volunteers will be expected to wear masks at all times, fighters will be exempt from this.
* Ring will be cleaned in-between each fight.
 | **1** | **2** | **2** | * Ensure spectators are aware that they are not allowed to enter the ring under any circumstances.
 |
| Health and safety | **14, Medical checks** | * Fighters participating in the fight night.
 | **2** | **4** | **8** | * Fighters will undergo medical checks before and after the fight.
* Pre- medical checks will ensure fighter is physically and mentally able to participate with no glaring or obstructive injuries.
* Post medical fights will ensure there is no serious or grave injuries dealt to the fighter during the course of the fight.
* Any glaring issues may prevent fighter from fighting, or will result in more serious medical attention being called to the fighter post fight.
 | **1** | **2** | **2** | * Prevent fighters with injuries that are obstructive or have a potential to increase in severity from participating.
* High levels of injuries in post-fight checks may lead to rule changes in the fight.
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| COVID-19 | **15. Training in Southampton University premises prior to fight(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, Number restrictions on fight night** | * Fighters, supporters and organisers of the fight night.
 | **2** | **3** | **6** | * Only a maximum of 30 people will be allowed in the fighting environment, and fighters and corner supporters allowed will be spread across 3 participating universities.
* UKBJJA and UKMF guidelines will be followed, along with university guidelines, meaning number of spectators will be limited.
 | **1** | **3** | **3** | * 2 fight nights will be hosted with 8 fights each, to ensure every fighter is able to participate whilst keeping the numbers in the area to an acceptable level.
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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 | Fighters will be made to have all appropriate gear, mouth guards etc |  | 24/7/2 | 23/7/21 |  |
| 2 | Hand gel and wipes provided at entrance |  | 24/7/21 | 23/7/21 |  |
| 3 | Fight can be live streamed to reduce numbers present |  | 24/7/21 | 23/7/21 |  |
| 4 | Seats will be socially distanced, tables could be used to ensure group sitting. |  | 24/7/21 | 23/7/21 |  |
| 5 | Masks will be enforced to be worn by all except fighters at all times |  | 24/7/21 | 23/7/21 |  |
| 6 | Ensure paramedics and first aiders on hand at all times  |  | 24/7/21 | 23/7/21 |  |
| 7 | Ensure all fighters are on the saliva testing programme |  | 24/7/21 | 23/7/21 |  |
| 8 | Temperature tester at entry |  | 24/7/21 | 23/7/21 |  |
| 9 | Volunteers will be recruited to movement of people. |  | 24/7/21 | 23/7/21 |  |
| 10 | Repeated re-entry will be prevented  |  | 24/7/21 | 23/7/21 |  |
| 11 | Training will continue over summer to ensure fighters are still in good fighting condition and confidence before fight  |  | 24/7/21 | 23/7/21 |  |
| 12 | Number of people present at fight will be restricted. |  | 24/7/21 | 23/7/21 |  |
| Responsible manager’s signature: Daniel Callaghan | Responsible manager’s signature: Laura Smith |
| Print name: DANIEL CALLAGHAN | Date: 11/07/2021 | Print name: DANIEL CALLAGHAN | Date: 11/07/2021 |

**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** |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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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 |

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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.  |