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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Mixed martial arts training** | **Date** | **26/08/21** |
| **Club or Society** | **Southampton University MMA** | **Assessor** | **Andrei Andries** |
| **President or Students’ Union staff member** |   | **Signed off** |  |

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| ***PART A*** |
| **(1) Risk identification** | **(2) Risk assessment** | **(3) Risk management** |
| **Hazard** | **Potential Con- sequences** | **Who might be harmed****(user; those nearby; those in the vicinity; members of the public)** | **Inherent** |  | **Residual** | **Further controls (use the risk hierarchy)** |
| **Li ke lih oo d** | **Im pa ct** | **Sc or e** | **Control measures (use the risk hierarchy)** | **Li ke lih oo d** | **Im pa ct** | **Sc or e** |
| **Training** |

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| 1. Light impacts to the body and head | Bruising, swelling, superﬁ- cial bleeding eg split lips. | Members undergo- ing MMA striking and grappling training | **5** | **1** | **5** | **Training overseen by professional coaches, personal protection by use of gloves, shin pads and gum shields must be worn.** | **5** | **1** | **5** | First aid kit and qualiﬁed ﬁrst aiders available at all training sessions. |
| 2. Heavy impacts to the body and head | Potential for bruised or broken ribs, internal bleed- ing, unconsciousness and concussion. | Members undergo- ing MMA striking training, particu- larly during spar- ring and interclub ﬁghts. | **3** | **5** | **15** | **Striking and sparring training conducted in a controlled manner. Su- pervised by coaches and use of personal protec- tion such as head guards used at fight tournaments and spar- ring.** | **2** | **5** | **10** | First aiders present at training, all tournaments have medics on stand-by. SUMMA club sign up has admission to risk that SUMMA is not liable for injur- ies sustained during training. |
| 3. Failure to “tap-out” promptly | Over-extension causing sprains and potentially broken bones. Loss of con- sciousness with failure to tap out to certain chokes. | Members undergo- ing MMA grappling training. | **2** | **4** | **8** | **Grappling training over- seen by professional coaches. Safe training and sparring practices are used, as well as an early tap out system.** | **1** | **4** | **4** |  |
| 4. Fainting and exhaustion | Patient may require a day oﬀ work to recover if col- lapsed from over-exertion, and potentially a hospital visit. | Members undergo- ing MMA striking and grappling training who over- exert themselves | **1** | **2** | **2** | **Training overseen by professional coaches/ committee and members will be advised to take a break if they look un- well.** | **1** | **1** | **1** |  |
| **Meetings** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Slips, trips and falls | Physical injury | Event organisers and attendees | **2** | **4** | **8** | * All boxes and equipment to be stored away from main meeting area, eg. stored un- der tables
* Any cables to be organised as best as possible with use of cable ties if necessary
* Floors to be kept clear and dry
* Making sure any spilt food or drink is cleaned up quickly and eﬃciently in the area
 | **1** | **4** | **4** | * Seek medical attention from SUSU reception/venue staﬀ if in need
* Contact facilities team via SUSU reception/venue staﬀ
* Contact emergency services if needed
* All incidents will be reported ASAP to the duty manager/ health and safety oﬃcer by following the SUSU incident report policy
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| 2. Setting up of Equipment eg. tables and chairs | Bruising or broken bones from tripping over table and chairs | Event organisers and attendees | 2 | 3 | 6 | * Make stall operators aware of the potential risks, follow manual handling guidelines
* Ensure that at least 2 people carry tables
* Setting up tables will be done by organisers
* Work in teams when handling other large and bulky items
* Request tools to support with move of heavy objects - SUSU Facilities/venue eg. hand truck, dolly, skates
* Make sure anyone with pre- existing conditions isn’t doing any unnecessary li\_ing and they are comfortable
 | 1 | 3 | 3 | * Seek medical attention from SUSU reception/venue staﬀ if in need
* Contact facilities team via SUSU reception/venue staﬀ
* Contact emergency services if needed
* All incidents will be reported ASAP to the duty manager/ health and safety oﬃcer by following the SUSU incident report policy
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| 3. Inadequate meeting space - overcrowding, not inclusive to all members | Physical injury, distress, ex- clusion | Event organisers and attendees | 1 | 3 | 3 | * Committee check on room pre-booking, checks on space, lighting, access, tech available
* Ensure space meets needs of members eg. considering loc- ation & accessibility of space
* Committee to consult mem- bers on needs and make reasonable adjustments where possible
 | 1 | 3 | 3 | * Seek medical attention if problem arises
* Liaise with SUSU reception/ activities team on available spaces for meetings
* Postpone meetings where space cannot be found
* Look at remote meeting op- tions for members
* Committee WIDE training
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| 4. Meetings in- volving electrical equipment eg. laptops/ com- puters | Risk of eye strain, injury, electric shock | Event organisers and attendees | 2 | 4 | 8 | * Ensure regular breaks (ideally every 20mins) when using screens
* Ensure screen is set up to avoid glare, is at eye height where possible
* Ensure no liquids are placed near electrical equipment
* Ensure all leads are secured with cable ties/mats etc
 | 1 | 4 | 4 | * Request support and advice from SUSU IT/Tech teams eg. via activities team
* For external venues pre- check equipment and last PAT testing dates
* Seek medical attention as required
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| **Socials** |

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| 1. Costumes/ Fancy Dress | Props/costumes causing injury or oﬀence | Participants and members of the public | 2 | 2 | 4 | * Ask members to only bring small items and use sensibly. Members of the society are responsible for their own possessions and the use of them.
* Choose a theme unlikely to cause oﬀence. Any parti- cipant wearing items deemed oﬀensive asked to remove these.
* Society to follow and share with members Code of Con- duct/ SUSU Expect Respect Policy
 | 1 | 2 | 2 | * SUSU Expect Respect policy to be followed
* Committee WIDE training
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| 2. Alcohol con- sumption | Participants may become at risk as a result of alcohol consumptionMembers of the public may act violently towards parti- cipants | Event organisers and attendees | 2 | 5 | 10 | * Members are responsible for their individual safety and expected to act sensibly
* For socials at bars/pubs etc, bouncers will be present at most venues
* Bar Security staﬀ will need to be alerted and emergency services called as required
* Where possible the consump- tion of alcohol will take place at licensed premises. The conditions on the license will be adhered to and alcohol will not be served to custom- ers who have drunk in excess
* Committee to select ‘student friendly’ bars/clubs and con- tact them in advance to in- form them of the event
* Society to follow and share with members code of con- duct/SUSU Expect Respect policy
 | 1 | 3 | 5 | * Follow SUSU incident report policy
* Call emergency services as required 111/999
* Committee WIDE training
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| 3. Travel | Vehicles collision - causing serious injury | Event organisers, event attendees and members of the public | 4 | 3 | 12 | * Members are responsible for their individual safety and are expected to act sensibly
* Local venues known to UoS students chosen with event directors available to direct people between venues
* Avoid large groups of proper totally blocking the pavement or spilling into the road
* Anybody who is very drunk or appears unwell and therefore not safe will be encouraged to go home ideally with someone else. If required a taxi will be called for them (ideally SUSU safety bus will be used, or radio taxis).
* Be considerate of pedestrians & road users, keep disturb- ance & noise down.
 | 2 | 2 | 4 | * Where possible venues chosen for socials will be loc- al/known to members and within a short distance from each other.
* Contact emergency services as required 111/999
* Incidents are to be reported as soon as possible to the duty manager/health and safety oﬃcer
* Follow SUSU incident report policy
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| 4. Socials/Meet- ings - medical emergency | Members may sustain in- jury/become unwellPre-existing medical condi- tionsSickness Distress | Members | 3 | 5 | 15 | * Advise participants to bring their personal medication
* Members/Committee to carry out ﬁrst aid if necessary and only if qualiﬁed and conﬁdent to do so
* Contact emergency services as required 111/999
* Contact SUSU Reception/ venue staﬀ for ﬁrst aid sup- port
 | 2 | 5 | 15 | * Incidents are to be reported as soon as possible to the duty manager/health and safety oﬃcer
* Follow SUSU incident report policy
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| 5. Meetings/so- cials: Insuﬃcient Fire Safety awareness | If a ﬁre alarm is triggered, people may not know where to go-Crushing, falls, burns and smoke inhalation arising from induced panic, re- duced space in buildings and external walkways, ob- structed ﬁre exits, build-up of ﬂammable materials i.e. waste cardboard/boxes | Members | 2 | 10 | 5 | * ensure that members know where the nearest ﬁre exits are and the meeting place is outside, should it be needed
* build up of rubbish is to be kept to a minimum. Excess build up is to be removed promptly and deposited in the designated areas.
 | 1 | 5 | 5 | -All incidents are to be repor- ted as soon as possible ensur- ing the duty manager/health and safety oﬃcer have been informed- Call emergency services and university security: Emer- gency contact number for campus security:- Tel: +44 (0)23 8059 3311- (Ext:3311) |
| **Cash handling** |

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| 1. Handing & Storing Money - membership moneys, coach- ing moneys, ﬁght night moneys | * The\_
* Individuals being mugged/ robbed
* Loss/misplacement lead- ing to ﬁnancial loss
 | Members, parti- cipants and event attendees | 3 | 4 | 12 | * Cash to be deposited asap a\_er each event into society bank account. Nominated person will be tasked with storing cash in nominated location when banks not open
* Money to be kept in lockable box
* Avoid giving cash to commit- tee member if they will be travelling by foot alone (re- quest taxis where possible/ travel by car. Ensure cash is not visible/advertised when out in public).
* Where possible oﬀer option to buy tickets to avoid cash purchases eg. use of SUSU box oﬃce, hire/loan of con- tactless payment machines
* Money not to be le\_ unat- tended
* Collectors will prioritise own safety, advised to not con- front any potential thief. If confronted will give up the funds
 | 2 | 3 | 6 | In the event of the\_ committee members will:1. Highlight the incident to any community police oﬃcers in the area/report to 111
2. Report incident to SUSU duty manager and complete a SUSU incident report
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| **Awareness/Promotional Stand (Bunﬁght, Women in Sports week demos, Redbrick taster sessions)**\*excluding items covered above |

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| 1. Adverse weather | * Injury
* Illness
* Slipping
* Burns
 | All who attend | 4 | 3 | 12 | * Lead organiser to check the weather is suitable for activit- ies on the day
* SUSU/UoS Facilities team checks of buildings and spaces prior to the event
* Warn those attending to pre- pare by wearing appropriate clothing and footwear eg. via social media posts, email in- vites
* In the case of hot weather organisers to advise parti- cipants to bring/wear appro- priate level sunscreen, hy- drate
 | 4 | 1 | 4 | If adverse weather is too ex- treme to be controlled, the event should be ultimately cancelled or postponed to a diﬀerent date |
| 2. Overcrowding | Physical injuryReduced space in walkways, entrancesRisk of Students panicking because of tight spaces | Members, visitors | 2 | 3 | 6 | - Do not push/shove* If large crowds form, barriers can be requested by SUSU facilities team (if available on the day) to assist with crowd management.
* Book during quieter times when less activities taking place on Redbrick/book all available space
* Inform other bookings on the Redbrick/in the area of the event
* Maximum of 3 representat- ives to be at the stall at any one time
* Follow instructions given by support staﬀ on directions and entry/exit points
 | 1 | 3 | 3 | * Seek medical attention if problem arises
* With support from a SUSU Activities coordinator inform UoS security team of the event (-on campus 3311, oﬀ campus 02380 593311. unisecurity@soton.ac.uk) and liaise with them on need for security teams on the day
* Security team may inform police of the event if required (eg. marches)
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| 3. Disturbance to public, students and staﬀ | - Conﬂict, noise, crowds | Event organisers and attendees, general public | 2 | 2 | 4 | * Events planned for redbrick avoiding residential areas
* UoS Security Teams informed of the event
* Everybody will be encouraged to stay together as a group
* Shouting, chants, whistles etc. will be kept to a minim- um around busy university building and residential areas
* If applicable, spaces will be booked at quieter times when less activities taking place in local lecture theatres (lunch, Wednesday a\_ernoons)
 | 1 | 2 | 2 | * With support from a SUSU Activities coordinator inform UoS security team of the event (-on campus 3311, oﬀ campus 02380 593311. unisecurity@soton.ac.uk)
* Inform UoS/SUSU commu- nications team of the event - can brief others via SUSSED
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| 4. Discrimination against the members run- ning promotional stands | - Assault, violence or threatening /aggressive be- haviour | Event organisers and attendees | 2 | 4 | 8 | * Leaders to advise all parti- cipants not to engage/re- spond to any protests, ag- gressive behaviour - if safe to do so will encourage group to move on and remove them- selves from situation- the event will be ended and stu- dents advised to return to campus if this continues
* Prior information about event and what to expect given out so participants know what to expect via Facebook/social media posts
* Participants made aware they can join and leave the event at any time
 | 1 | 4 | 4 | * Event organisers to call Uni- versity Security if necessary
* Any incidents will be repor- ted via UoS reporting tools
* Contact emergency services if needed
* Organisers will, following the event, share relevant inform- ation on support/signpost via social media channels etc.
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| 5. Falling Objects eg. banners | Injury BruisingDamage to equipment | Members, visitors | 2 | 3 | 6 | * Tables to be safely secured by staﬀ where possible - ask for support from facilities team
* Ensure banner is secured and on a ﬂat surface
* Ensure banners or objects are not obscuring walkways or exits - ideally place behind or to the side of stall where space allows- ensuring dis- tance between stalls/ stall holders
 | 1 | 2 | 2 | * Seek medical attention if problem arises
* Seek support from facilities staﬀ
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| **Fight Night**\*excluding items covered above |

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| 1. Impacts to body and head | Bruising, swelling, superﬁ- cial bleeding (eg split lips), potential for bruised or broken ribs, concussions, internal bleeding | Participants from SUMMA, other Southampton Uni- versity martial arts clubs and other university MMA clubs | 3 | 5 | 15 | * All ﬁghters will be matched based on experience and weight and will be weighed in on the day of the event
* All ﬁghters will be given an information and disclaimer form to sign
* An experienced referee will be present in the ring to mon- itor all ﬁghts and stop if ne- cessary
* Medics will be hired for the event and will be present next to the ring at all times with all necessary equipment. Fights will not continue un- less medics are by the ring.
* Pre and post ﬁght medical checks will be compulsory on all ﬁghters
* Rules will apply to each ﬁght; beginners- no spinning kicks, knees or elbows. Head- guards *must* be worn unless both parties’ consent. Inter- mediate- No spinning kicks, knees to the head or elbows. Head-guards may be worn on request. Advanced - No knees or elbows to the head.
* The event will end immedi- ately if any ﬁghter needs to attend hospital.
 | 2 | 5 | 10 | * Any incidents will be repor- ted to the SUSU duty man- age/health and safety oﬃcer
* Emergency services will be contacted if requires 111/999
* A SUMMA committee mem- ber (most likely health and safety oﬃcer) will be alloc- ated to oversee the medics on the night
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| **COVID-19** |
| 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 when possible | * 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 a training partner.
* Avoid contact with anyone in the gym who is not part of the society and taking part in the event.
 | **3** | **3** | **9** | * Ensure that venue rules are being followed in regards to number of attendees.
* Allow extra space between pairs when training.
 |
| Covid-19 | 3. 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 | 4. 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
* Provide additional sanitizing equipment to members.
* Ensure a record of attendees is kept.
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| Covid-19 | **5. 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.
 | **2** | **2** | **4** | If kit is ever shared, ensure it is thoroughly wiped and sanitised before shared use occurs. |

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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. | Ensure all members undergoing training are either students with SUSU insurance or have their own insurance. Ensure mem- bers have signed liability release from. | Committee members present at training. | **30/6/22** |  |  |
| 2. | Supervision of training sessions by coaches to reduce all associated risk. Coach fees are £20 an hour. | Striking and grappling coaches. | **30/6/22** |  |  |
| 3. | In the event of incident, administering first aid if necessary. SUMMA owns a first aid kit. | Coaches and first aiders present | **30/6/22** |  |  |
| 4. | If more medical attention required, alert- ing campus or halls security and contact- ing medical services on 999 if necessary. | Scene man- agers. | **30/6/22** |  |  |
| 5. | Ensuring an easy evacuation route if an ambulance is required, answer questions asked by authorities. | Scene man- agers and wit- nesses. | **30/6/22** |  |  |
| 6. | Filing an incident report. | Club health and safety of- ficer | **30/6/22** |  |  |
| 7. |  Inform all society members about the training and fights health and safety expectations.  | Committee members | **30/6/22** |  |  |
| 8. | Ensure all current Covid regulations set by the government, or the venue are being followed.  | Committee Members  | **30/6/22** |  |  |
| 9. | Ensure a record is kept of all attendees.  | Committee members  | **30/6/22** |  |  |
| Responsible committee member: | Responsible committee member: |
| Print name: Andrei AndriesDate:26//08/2021 | Print Name: Lucy SteadmanDate:26//08/2021 |

**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 |  |
| 2. Substitute | Replace the hazard with one less hazardous | If not possible then explain why |
| 3. Physical controls | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 4. Admin controls | Examples: training, supervision, signage |  |
| 5. Personal protection | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| 5 | 10 | 15 | 20 | 25 |
| 4 | 8 | 12 | 16 | 20 |
| 3 | 6 | 9 | 12 | 15 |
| 2 | 4 | 6 | 8 | 10 |
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# IMPACT

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| Impact | Health & Safety |
| 1 | Trivial - insig- nificant | Very minor injuries e.g. slight bruis- ing |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered. |

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| 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 – ex- tremely signi- ficant | Fatality or multiple serious injuries or illness requiring hospital admis- sion or significant time off work. |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likeli- hood 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 re- duced.
7. Control measures should follow the risk hierarchy, where appro- priate as per the pyramid above.

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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 |

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| 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 |