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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Islamic Society Self-defence Class** | **Date** | 23/08/19 |
| **Unit/Faculty/Directorate** | **Activities Dept / Islamic Society** | **Assessor** | **Halima Joynul (Female)** |
| **Line Manager/Supervisor** | **Halima Joynul** | **Signed off** |  |

| ***PART A***  |
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| **(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** |
| Floor | Physical injury due to slips, trips and falls. | Participants  | **2** | **4** | **8** | Ensure that the floors are kept clear and dry by keeping all participants belongings to a corner of the hall, and by only permitting drinking water at that corner of the hall.Participants will be advised to remove their socks to reduce the likelihood of slipping on the mats.No eating will be allowed. Visual checks will also be done throughout the event by organizers.Any spillages will be cleaned up quickly and efficiently.Maximum number of individuals in the Hall will be 25 to minimise the risk of falls. | **1** | **3** | **3** | Medical attention will be sought by calling emergency services if required. |
| During training | Physical injuries such as StrainsDislocation of joints.Tearing of ligaments or muscles. | Participants | **3** | **3** | **9** | All participants will start the sessions by warming up with the instructor using correct warm up techniques. All sessions will end with all the participants warming down with the instructor using the correct techniques. No participant will over train or attempt any exercises that are past their capabilities.Firm and dense mats will be used to reduce the risk of physical injuries. Suitable footwear and non-restrictive attire will be worn by the participants during the sessions. Learners will be supervised No sparring shall take place as the aim of these sessions are solely to teach self defence. | **1** | **3** | **3** | Damaged mats will be removed or replaced if required. Mats will be checked throughout the session to ensure it is in place. The sessions will be led by a trained, competent instructor.All late comers will be warmed up separately from the class when the instructor is available.Medical attention will be sought by calling emergency services if required. |
| Strenuous exercise | Dehydration  | Participants | **1** | **3** | **3** | There will be regular drink/rest breaks.A warning will be issued in the beginning requesting the participants to sit out if they feel unwell anytime during the session, as well as inform the committee members. | **1** | **2** | **2** | Medical attention will be sought by calling emergency services if required. |
| Exercise | Asthma sufferer may have an attack. | Participants with asthma. | **2** | **3** | **6** | All the participants will be reminded beforehand to bring their inhalers/medication with them if they have any medical conditions. | **1** | **3** | **3** | If a participant is having an asthmatic attack, medical attention will be sought by calling emergency services if required.The individual will be given their reliever inhaler and kept calm whilst waiting for the appropriate help to arrive. |
| Fainting/black outs | Physical injury | Participants | **2** | **3** | **6** | Factors causing black outs/ fainting will be managed: -dehydration will be prevented using the measures mentioned previously -diabetic patients are especially at risks of black outs due to their blood sugar level depleting whilst exercising. Therefore, all individuals will be advised to eat a small meal before attending the session.-those with increased likelihood chance of seizures, such as epileptic individuals, will be reminded to bring their medications with them. | **1** | **3** | **3** | Dense mats will be used to prevent injury if there is a fall.Medical attention will be sought by calling emergency services if required. |
| Fire | Severe injuries | All individuals in the hall | **1** | **5** | **5** | All individuals will be made aware of the fire exits and what to do in the event of a fire or if the fire alarm rings. All individuals will be evacuated quickly in the case of a fire or the ringing of the fire alarm.No electrical equipment will be used. | **1** | **4** | **4** |  |
| Mats | Injury | Staff and learners | **1** | **2** | **1** | There should be a range of mats designed specifically for MMAMats must be firm and dense enough to minimise the risk of injury Check mats are in place at the start of the session  | **1** | **1** | **1** | Damaged mats will be removed or replaced if required. Mats will be checked throughout the session to ensure it is in place. |
| Strenuous exercise | Nausea | Staff and learners | **2** | **1** | **2** | It may be a symptom of either over-exertion during exercise, or due to ending an exercise session abruptly.Another possible cause of exercise induced nausea is overhydration.Therefore, the participants will be told to not drink excessive water beforehand. All sessions will also be ended with a warm down. | **1** | **1** | **1** | Dense mats will be used to prevent injury if there is a fall.Medical attention will be sought by calling emergency services if required. |
| Lack of qualified instructor at each session.  | Injury | Staff and learners | **1** | **4** | **4** | Our instructor is a black belt in jujitsu. She has been training jujitsu for the past 7 years. She has taught jujitsu from 2014-2016 at Finchley dojo Total Self Defence. She is also currently an MMA instructor and has taught MMA for the past 4 years at Rainbow Centre MMA North London.Londrita will have also have personal liability insurance to cover her instructing. | **0** |  | **0** |  |
| Hyperventilation due to strenuous exercise. | Lightheadedness and tingling in the fingers.Severe hyperventilation can lead to loss of consciousness. | Staff and learners | **2** | **2** | **4** | To prevent hyperventilation, the trained instructor will look out for the initial symptoms of hyperventilation, such as headaches.If these are present, the participant will be told to stop exercising immediately, and will be helped to slow down their fast breathing to normal rate and rhythm. | **1** | **2** | **2** | Dense mats will be used to prevent injury if there is a fall.Medical attention will be sought by calling emergency services if required. |

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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** |
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| Responsible manager’s signature: | Responsible manager’s signature: |
| Print name: | Date: | Print name: | 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.  |

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 |