

# Leeds University Union

## Risk Assessment



Name of Group	Leeds University Thai Boxing Club		Date of Assessment	09.07.10		
Hazards?	Who might be harmed and how?	What are you doing already?	What further action is necessary?			
			Action required	By whom	when	Done
Accidental missing pads on striking	Instructors and students in the training areas	Correct instruction to hold pads, and correct safe technique	None, but constant vigilant awareness ongoing	Committee	ongoing	✓
Personal hazards, illness and disabilities	Students overdoing training beyond their capabilities	Awareness, teaching of what and what can't be undertaken	None, but constant awareness action to students	Committee and trainers	ongoing	✓
Muscular injuries during training	Students pushing exercises and stretching before properly warmed	Thorough warm up and cool down sessions to minimise risk	None, but ongoing correct teaching and awareness	Committee and Instructors	ongoing	✓
Slipping on mat – sweat from training	Instructors and students	Wet areas mopped and dried up quickly, mat edges fixed firmly down	None, but advising students to dry up any wet patches	Committee and Instructors	ongoing	✓
Any sparring injuries	Instructors and students	Proper protective gear, and controlled techniques used	None, but instilling awareness and self control to students	Committee and Instructors	ongoing	✓

Carried out by

A. A. A. A.

*[Signature]*

Review Date

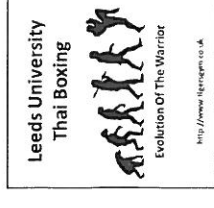
21.9.10



Fixtures and fittings (inc ring)	Instructors and students	Areas padded, loose fittings secured and equipment stored away	None, but constantly being aware of areas that come to light	Instructors	—	✓
Beginners or novices with no experience	Instructors and students	Emphasis on progressive and safe training at appropriate training levels	Instructors are constantly aware and trained for this	Comm. At the end of Instructors	on going	✓
Higher level students with experience	Students	Not allowing this group to engage their own type of training on their own	None, but advice and instruction is on going	Comm. At the	—	✓
Size and physical difference	Instructors and students	Ensure to partner all with appropriate partners for safe and enjoyable experience	None, but is always being instilled to participants	Comm. At the	on going	✓
Close proximity training	Instructors and students (accidentally caught)	All participants are aware and techniques used are applicable to space used	None, but again is emphasised all the time to students	Instructors	on going	✓
Students with illness and disabilities	Students	Encourage students to highlight any of these to instructors	All university membership forms to highlight these?	Instructors	—	✓

**All instructors are fully qualified and all are first aid trained.**

## **Non-specific Preventative Measures:**



1. Gym instructor performs a check of gym area prior to training commencing, checking for wet patches or trip/slip hazards on the floor.
2. First aid kits and first aid trained personnel are always available during the training sessions.
3. All movable equipment is cleared to outskirts of room when not in use and prior to commencing of class.
4. Adequate instructor to student ratio for all training sessions and when sparring a separate instructor is present to minimise risk to combat participants and regular training members of the class.
5. Members are instructed or demonstrated if required in techniques to be practiced.
6. Sufficient lighting, and ambient training temperatures maintained throughout training session.
7. Warm up, stretching and cool down in every class to minimise risk of muscle strain.
8. Regular breaks/opportunities to drink and welfare breaks during every session.
9. No jewellery or glasses to be worn during the sessions.
10. Minimum protective equipment to be worn when sparring as detailed in the Code Of Good Practice.  
Recommended additional safety equipment can be provided upon request.
11. Training carried out barefoot or with appropriate footwear only (mat shoes), no sports shoes or trainers.