

# Leeds University Union

## Risk Assessment

Name of Group		Leeds University Thai Boxing Club		Date of Assessment		19.09.09	
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				
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				
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				
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				
Any sparring injuries	Instructors and students	Proper protective gear, and controlled techniques used	None, but instilling awareness and self control to students				

*P. B. M. E. D.*  
*E. F. O. N. A. N.*  
*A. A. L. O. R. D. L. E.*

Carried out by

A. ALDRIDGE

Review Date



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		
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		
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		
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		
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		
Students with illness and disabilities	Students	Encourage students to highlight any of these to instructors	All university membership forms to highlight these?		

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