



**Ninja School Leeds Risk Assessment**

| <b>Hazard</b>  | <b>Who might be harmed and how?</b>  | <b>Controls Required</b>  | <b>Controls in Place (Y/N)</b> | <b>Supporting Information</b>                   |
|----------------|--|---|--------------------------------|---|
| General        | Staff, visitors, students  | Club Covid-19 Officer appointed   | Yes                            | Liam Cann                                       |
|                | Staff, visitors, students  | Venue has adequate ventilation  | Yes                            | High ceiling, fans on and door open             |
|                | Staff, visitors, students  | Deep cleaning / disinfection of communal areas after each training session  | Yes                            | Hoovered and bleached                           |
|                | Liability risk - Staff, visitors, students   | Appropriate Public Liability insurance cover  | Yes                            |   |
|                | Liability risk - Coaching Staff  | All coaches appropriately qualified and minimum of blue belt or higher. Appropriate liability and professional indemnity insurance cover  | Yes                            | Martial Guard & BMABA                           |
|                | Liability risk - Students  | Appropriate member-to-member liability insurance cover  | Yes                            | Recommended for parents - welcome pack          |
|                | Physical injury - Staff, visitors, students  | Qualified first aider present at every session; first aid kit and incident book. Minimum 40mm mats. No sharp corners around matted area   | Yes                            | 1m min distance to sharp corners                |
|                | Safeguarding issues - children and vulnerable adults   | All instructors to be DBS/Disclosure Scotland/Access NI vetted and trained in safeguarding (e.g. through NSPCC safeguarding children in sport course). Child protection and safeguarding policy in place.   | Yes                            | Through BMABA                                   |
|                | Fire - Staff, visitors, students   | Appropriate fire safety training; fire exits to British standards   | Yes                            | Plus emergency lighting                         |
|                | Hygiene & communicate diseases - Staff, visitors, students   | Cleaning policy and procedures in place Clear rules banning footwear on mats Clear rules for students to remove jewellery before training Zero tolerance for skin infections or other infectious diseases and policy for advice on treatment  | Yes                            | Sliders provided, no shoes past a certain point |
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| General - cont | Learners hit heads and limbs on the sides of the rooms during rolls/take downs. Learners fall off the edge of the mats | Learners are reset to the centre of the mats when a bout gets too close to a side, unless a drill or roll specifically calls for use of a wall. Learners are under a 12:1 minimum with each session usually having an assisstant coach too (e.g. 24:3 = 8:1) . Warnings delivered and learners made aware of responsibilities | Yes                            |   |
|                | Injuries due to impact from takedowns and rolls.   | Learners participating in sport specific safety drills, sparring restricted based on competence, two m2 per roll min. 4 m2 for takedowns. Learners informed of self responsibility mindset. Learners advised to help each other   | Yes                            |   |
|                |  | Dollamur FLEXI-Roll® Mats lining the floor and walls as well as a purpose built cage wall to absorb the majority of impacts   |                                |   |

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|--|---|---|-----|---|
|  | Joint injuries if a partner holds a submission for too long     | Learners participating in sport specific safety drills, sparring restricted based on age, demeanor and competence. Submission holds not taught until a certain age and competence. From the start of their training learners have the importance of "tapping out" in time (before a submission begins to hurt) explicitly stated. Learners are also explicitly told about the importance of respecting an opponent's tap, and we may exclude, effective immediately, any learners we believe to have purposefully ignored an opponent's tap. We are fully committed to providing a safe and supportive learning environment | Yes | Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission. Coaches are always present within any class/sparring |
|  | Hypoxia/Loss of consciousness due to choke applied for too long | Learners participating in sport specific safety drills, sparring restricted based on age, demeanor and competence. Submission holds not taught until a certain age and competence   | Yes | Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission. Coaches are always present within any class/sparring |
|  | Light bruising/knocks/jars/jolts etc                            | Light bruising and knocks are a reality of martial arts training, especially when it involves live rolling and sparring such as with BJJ. Learners, however, should never feel that they HAVE to participate in live training and even if they do they should always have the freedom to decide the intensity. We do everything we can to make the environment and class structure as safe as reasonably possible   | Yes | Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission. Coaches are always present within any class/sparring |
|  | Severe impact to head and body                                  | Our philosophy is that extremely hard sparring/striking (that may lead to a wobbling feeling) in training is detrimental to consistent high level training and training partners and as such is disallowed. We seek to eliminate this from our training by nurturing a more intelligent approach to sparring, focusing on movement and precision. Learners are taught how to use pads before holding them to avoid the chance of missing the pad  | Yes | Learners are also responsible for dictating intensity of their sparring sessions. Ninja School Leeds will provide safety equipment consisting of pads and gloves                                    |