

Oxford University Risk Assessment: Kickboxing – September 2016

Who might be harmed	HAZARD	Risk	Control Measure in place	Further Risk reduction required Y / N
Participants	Drugs and Alcohol	Minor / Major injury	The Consumption of alcohol and non prescribed drugs is prohibited	
Participants	None qualified / insured instructors / coaches	Unsafe practice	Club Committee to ensure that the coach / instructor is qualified and insured and where applicable a CRB is completed	
Participants	Equipment failure	Minor / major injuries	Club Committee to ensure necessary equipment checks and servicing has been completed and documented	
Participants	Slips, trips , falls	Minor injury	Sports Fed to ensure that the facility is clean and fit for purpose	
Participants	Fire	Burns / fatality	Ensure fire policy of the relevant facility is carried out by all members of the club	

Participants Public	Travel	Major incident/ accident , Fatality	<p>Club Committee to check the insurance of car drivers. Drivers to comply with current Road Safety laws and have a full driving licence.</p> <p>Hire vehicles drivers MUST have passed the University accredited driving course. Drivers must be 21 or over. Trip resignation forms to be sent to the Sport Federation no later than 5pm on the Thursday before the fixture. Sports fed will forward the form to security services.</p> <p>The registration form for trips aboard MUST be sent a minimum of 1 month prior to the trip departing. Club Committee to supply Safety officer with travel insurance details and trip Risk Assessment. In the event of a major accident security services must be contacted 01865 289999</p>	
Participants	Pad work; practising punching and kicking techniques on appropriate pads;	Major and minor injuries	<p>Correct use of pads in the manner in which they are designed to be used. Use of appropriate safety equipment i.e. bag gloves</p> <p>Equipment is owned by the club; upkeep of the equipment is the responsibility of the committee.</p>	

Participants	Sparring	Major and minor injuries	<p>Mandatory use of all appropriate sparring equipment; 16oz boxing gloves, head guard, gum shield, groin box, shin pads, foot pads. This is provided by the member and upkeep is their responsibility.</p> <p>Members to be paired with other members of appropriate experience and size in comparison to themselves. This pairing is carried out by the coach.</p> <p>Members will only be permitted to spar when they have reached the appropriate level of competence in the sport and at the coach's discretion.</p> <p>Sparring requires more room than pad work, and should only be undertaken when sufficient space is available in the dojo; i.e. a maximum of 10 members.</p> <p>The syllabus to be followed is as set by the FSK A.</p>	
Participants	Training	Major and minor injuries	All nails should be kept short	

Mats should be inspected periodically for damage, and to ensure there are no gaps. All protective equipment should be well maintained and correctly worn.

All members must participate in the warm up and stretching at the beginning of each session as conducted by the coach.

All pairing for sparring should be carried out by the coach. The coach has the right to ban any member, effective immediately, whom he deems to be acting in a manner likely to cause injury, and not exerting sufficient control. All members should moderate their own behavior in response to their partner's experience and robustness.

Dizziness and hyperventilation can occur during strenuous exercise; this is generally alleviated by improved physical condition. All new members should be encouraged to take a rest if required, and not to push themselves too far. The coach must be particularly aware of this when new members join.

Large quantities of fluid can be lost during training especially in hot weather. Members should be encouraged to bring water to the session and drink it regularly during the session, and to re-hydrate. All cuts must be promptly cleaned, blood on the mats should be cleaned immediately using appropriate equipment. Blood spillages should be preferably cleaned by the member who has been cut, or by the coach with gloves.

Any such injury should result in the afflicted member ceasing training immediately. The member should be advised to seek medical advice. The coach is first aid qualified.

Any injuries should be reported to the coach, the coach should check there are no prior injuries before each session.

Participants Spectators	Collision with other persons in the Fives court.		Due to the size of the Fives court, spectators are not allowed inside whilst training is taking place.	
Varsity match	Injury during participation	Major and minor injuries	Hired sports medics. Qualified referee and advised for semi contact. Disqualification for excessive use of force.	

RECOMMENDATIONS FOR RISK REDUCTION

Action	By When?	By Whom?	Completed
Participants to wear Appropriate clothing and PPE	31 Oct15	Club Committee	yes
Club to ensure they have sufficient insurance a copy to be sent to the safety office	31 Oct15	Club Committee	Yes (approved by senior committee member)
Safety brief to be conducted by the committee and to document who has received the brief	31 Oct15	Club Committee	yes

Club President Date

Club Secretary Date

Health and Safety Officer Date

RISK ASSESSMENT REVIEW

Date	Comments	Actions	Completed

Club President Date

Club Secretary Date

Health and Safety Officer Date