



Humber Martial Arts Class Risk Assessment

ACTIVITY:	Martial Arts Class	ASSESSED BY:	D J Munro
LOCATION:	All H.M.A Locations	ASSESSMENT DATE:	04-Oct-2022
PARTICIPANTS:	Various class members	ASSESSMENT DUE:	04-Oct-2023

L = Likelihood of accident , S = Severity of Injury. Scoring explanations on last page

HAZARD DESCRIPTION & EFFECT	PERSONS AT RISK	L (1-5)	S (1-5)	RISK RATING (1-25)	REDUCE THE RISK BY	L (1-5)	S (1-5)	RESIDUAL RISK 1-25
Slips, trips or fall from/on: stairs, wet/dry flooring, carpeting, cabling etc.	Everyone in class	3	5	15	Use of warning signs where appropriate, cable ties used where necessary. Inform people of high risk areas and to avoid (if any). Ensure clear exercise area from any obstacles in the room. Use of housekeeping services via site cleaners where applicable.	2	5	10
Showing a negative physical response to exercise – e.g. heavy breathing, dizziness etc.	Everyone in class	5	4	20	Participants wear appropriate clothing for weather and activity. Take on fluids as and when required. Regular breaks, Observe physical responses apply first aid if necessary. Ask each participant to make instructor aware of any ailments or conditions that could be affected by taking the class. Encourage participants to consult with their GP prior to taking class where necessary.	3	3	9



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Twist/turn of joint e.g. ankle, knee, wrist etc.	Everyone in class	3	4	12	Conduct warm up and stretching as part of session including cool down at the end. Demonstrate techniques to educate students. Ensure clear exercise area from any obstacles in the room.	2	4	8
Participants colliding with each other or equipment / obstacles	Everyone in class	3	3	9	Designate safe area. Draw attention to obstacles. Control pace and numbers of people in the active areas.	2	3	6
Misuse or lack of control of equipment leading to purposeful or accidental striking of other people.	Everyone in class	3	3	9	Work in controlled groups with specific individual tasks. Establish safe spacing between each group. Demonstrate tasks. Encourage the right behaviors and respect for others. People that disregard the rules will be asked to leave.	2	3	6
Muscular injury though excessive stress/strain. Injury though incorrect execution of activity.	Everyone in class	3	4	12	Conduct warm up and stretching as part of session including cool down at the end. Demonstrate techniques to educate students	2	4	8
Cuts and abrasions	Everyone in class	3	2	6	Apply first aid if necessary.	2	3	6



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People exiting the building before end of class.	Everyone in class	2	3	6	Promote good safety practice, ask people to inform instructor if they leave before class finishes.	1	3	3
Manual handling	Everyone in class	3	3	9	Lifting or moving Heavy objects is not part of the class. This should not be an issue	2	3	6
Fire	Everyone in class	2	5	10	Use of sites nonsmoking policy. Contact with security. Fire call buttons. Roll call at muster point in event of evacuation (Inform all group of evacuation procedure).	2	5	10



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The outcome of this assessment shows that there is a LOW – MEDIUM risk associated to activities. Precautions will be put in place to ensure public and student safety where reasonably practicable. All persons attending any of the venues rented by Humber Martial Arts do so at their own risk.

SIGNED:	D Munro
DATE:	04-Oct-2022



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		L = Likelihood of Accident/Injury				
		Extremely Unlikely	Unlikely	Possible	Very Likely	Almost Certain
S = Injury/Severity		1	2	3	4	5
Insignificant	1	1	2	3	4	5
Minor	2	2	4	6	8	10
Moderate	3	3	6	9	12	15
Major	4	4	8	12	16	20
Catastrophic / Death	5	5	10	15	20	25

1 - 4	LOW – ACCEPTABLE RISK, BUT MONITOR REGULARLY
5 – 10	MEDIUM – REDUCE AS FAR AS REASONABLY PRACTICABLE
11 - 25	HIGH – RISK MUST BE REDUCED BEFORE TASK CAN PROCEED