

| Blaze Martial Arts - General Risk Assessment | | | | | |
|---|----------|-----------------------|----------|-------------|------------------------|
| Activity | | | | | Assessment Date |
| General Drill Work | | | | | 21/06/2022 |
| Location | | Multi location | | | |
| Assessor | | J Billingham | | | |
| Identified Hazards | | | | | |
| <i>Drill work employs the use of shadow, pad & kick shield work. Though the hazards are still present to such areas as damage to the hands, feet and leg joints the severity is minimised when striking pads this is why this level of activity is essential for all beginners.</i> | | | | | |
| Groups Exposed & Likelihood Data | | | | | |
| <i>All individuals involved in this exercise are subject to the likelihood of injury</i> | | | | | |
| Previous Hazards | | | | | |
| <i>not applicable</i> | | | | | |
| Existing Controls | | | | | |
| <i>Use of correct safety equipment during drill work should include correct joint protection such as bag gloves, lightweight boxing gloves, semi contact gloves as well as foot pads or suitable footwear. Though none of the above are essential, good practise dictates that they should be used where possible.</i> | | | | | |
| <i>If protection is not used (by the choice of the student), the instructor will always advise very light or non-contact to be used to further reduce any risks of injury.</i> | | | | | |
| <i>In the case of shadow sparring, no protective equipment is necessary</i> | | | | | |
| Hazzard | 1 | Severity | 1 | Risk | 1 |
| Improvement Activity | | | | | |
| <i>Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity. Anyone not in possession of the correct equipment will either not be allowed to partake in this specific part of their training until said equipment is available, or will be advised to use very light contact or non-contact based on the drill(s).</i> | | | | | |
| <i>To reduce the likelihood of injury all beginners will; until deemed of a reasonable level, refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work.</i> | | | | | |
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| Blaze Martial Arts - General Risk Assessment | |
|---|------------------------|
| Activity | Assessment Date |
| General Elbows high, middle & low line | 21/06/2022 |
| Location | Multi location |
| Assessor | J Billingham |
| Identified Hazards | |
| Injury due to impact can cause trauma to the part of the body exposed. | |
| Incorrect stance and body mechanics risk damage to ligaments. | |
| Broken bones and / or loss of teeth, if impact with mouth is sufficiently severe. | |
| Groups Exposed & Likelihood Data | |
| All individuals involved in the exercise are subject to the likelihood of injury | |
| Previous Hazards | |
| not applicable | |
| Existing Controls | |
| Use of correct safety equipment during contact sparring i.e. head Guards, gum shields all in accordance with BS EN 13277:2000, Part 1. | |
| Pad work - elbow pads can be used to help reduce the risk of injury. | |
| If protection is not used (by the choice of the student), the instructor will always advise very light or non-contact to be used to further reduce the risk of injury | |
| Shadow sparring - no equipment necessary | |
| Hazard | Severity |
| 2 | 3 |
| Risk | 6 |
| Improvement Activity | |
| Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity. Anyone not in possession of the correct equipment will not be allowed to partake in this specific part of their training until said equipment is available. | |
| To reduce the likelihood of injury all beginners will; until deemed of a reasonable level, refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work. | |

| Blaze Martial Arts - General Risk Assessment | | | | | |
|---|----------|-----------------------|----------|------------------------|----------|
| Activity | | | | Assessment Date | |
| <i>General Ground Fighting</i> | | | | <i>21/06/2022</i> | |
| Location | | <i>Multi location</i> | | | |
| Assessor | | <i>J Billingham</i> | | | |
| Identified Hazards | | | | | |
| <i>Grappling / ground fighting uses the opponent's body against him/ her therefore can result in injury dependant on the specific technique employed. Neck and joints are the most at risk during this application.</i> | | | | | |
| Groups Exposed & Likelihood Data | | | | | |
| <i>All individuals involved in the exercise are subject to the likelihood of injury</i> | | | | | |
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| Previous Hazards | | | | | |
| <i>Not applicable</i> | | | | | |
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| Existing Controls | | | | | |
| <i>Use of correct safety equipment during contact, such as gum shields and grappling gloves (lightweight boxing, semi contact gloves can also be used).</i> | | | | | |
| | | | | | |
| <i>Shadow sparring - no equipment necessary</i> | | | | | |
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| <i>Gum shields, grappling gloves though not necessary should always be used</i> | | | | | |
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| <i>If the student chooses not to use protective equipment, then they will be advised of the risks and further advised to use very light or even non-contact.</i> | | | | | |
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| Hazzard | 1 | Severity | 2 | Risk | 2 |
| Improvement Activity | | | | | |
| <i>Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity. Anyone not in possession of the correct equipment will not be allowed to partake in this specific part of their training until said equipment is available, or they will be instructed to use light or non-contact.</i> | | | | | |
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| <i>To reduce the likelihood of injury all beginners will; until deemed of a reasonable level refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work.</i> | | | | | |

| Blaze Martial Arts - General Risk Assessment | |
|---|------------------------|
| Activity | Assessment Date |
| General Kicks high, middle & low line | 21/06/2022 |

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| Location | Multi location | | | | |
| Assessor | J Billingham | | | | |
| Identified Hazards | | | | | |
| Injury due to impact can cause trauma to the part of the body exposed. | | | | | |
| Incorrect stance and body mechanics risk damage to ligaments & joints, | | | | | |
| Head, ribs and legs are also at risk. Could cause severe trauma if impact with the head occurs. | | | | | |
| The ankles & toes are at risk if feet are incorrectly positioned, or the incorrect striking part is used | | | | | |
| Groups Exposed & Likelihood Data | | | | | |
| All individuals involved in the exercise are subject to the likelihood of injury | | | | | |
| Previous Hazards | | | | | |
| Not applicable | | | | | |
| Existing Controls | | | | | |
| Use of correct safety equipment during contact sparring including head guard, shin guards, plus all that as included in the punching risk assessment. | | | | | |
| Pad work -- foot pads or suitable training shoes, are necessary. | | | | | |
| Shadow sparring no equipment necessary | | | | | |
| Correct stretching before carrying certain kicking drills is an imperative. | | | | | |
| In the case of realistic self-defence training simulations where prior stretching may not be possible, students will be instructed to kick within their own natural capabilities. | | | | | |
| Hazard | 2 | Severity | 3 | Risk | 6 |

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| Improvement Activity | | | | | |
| Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity. Anyone not in possession of the correct equipment will not be allowed to partake in this specific part of their training until said equipment is available. Where the student chooses not to use the correct equipment, they will be advised to use light or non-contact. | | | | | |
| To reduce the likelihood of injury all beginners will; until deemed of a reasonable level refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work. | | | | | |

| Blaze Martial Arts - General Risk Assessment | | | | | | |
|---|----------|-----------------------|----------|-------------|------------------------|--|
| Activity | | | | | Assessment Date | |
| General Knees high, middle & low line | | | | | 21/06/2022 | |
| Location | | Multi location | | | | |
| Assessor | | J Billingham | | | | |
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| Identified Hazards | | | | | | |
| Injury due to impact can cause trauma to the part of the body exposed. | | | | | | |
| Incorrect stance and body mechanics damage to ligaments & joints | | | | | | |
| Lower ribs and legs are also at risk; could cause severe trauma if impact with the head occurs. | | | | | | |
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| Groups Exposed & Likelihood Data | | | | | | |
| All individuals involved in the exercise are subject to the likelihood of injury | | | | | | |
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| Previous Hazards | | | | | | |
| Not applicable | | | | | | |
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| Existing Controls | | | | | | |
| Use of correct safety equipment during contact sparring in accordance with BS EN 13277:2000, Part 1. | | | | | | |
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| Pad work - no equipment necessary although knee pads can be worn to further reduce the risk of injury. | | | | | | |
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| Students choosing to not wear knee pads will be advised to use non or light contact | | | | | | |
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| Shadow sparring no equipment necessary | | | | | | |
| Hazard | 1 | Severity | 3 | Risk | 3 | |
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| Improvement Activity | | | | | | |
| Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity. Anyone not in possession of the correct equipment will not be allowed to partake in this specific part of their training until said equipment is available. | | | | | | |
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| To reduce the likelihood of injury all beginners will; until deemed of a reasonable level refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work. | | | | | | |

| Blaze Martial Arts - General Risk Assessment | |
|---|------------------------|
| Activity | Assessment Date |
| General Punching high, middle & low line | 21/06/2022 |

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|---|-----------------------|-----------------|----------|-------------|----------|
| Location | Multi location | | | | |
| Assessor | J Billingham | | | | |
| Identified Hazards | | | | | |
| <i>Injury due to impact can cause trauma to the part of the body exposed.</i> | | | | | |
| <i>Over extension can cause tendon and cartilage damage.</i> | | | | | |
| <i>Incorrect stance and body mechanics could cause damage to ligaments.</i> | | | | | |
| <i>Damage to hands possible if contact with bone</i> | | | | | |
| <i>Loss of teeth if impact with mouth is sufficiently severe.</i> | | | | | |
| <i>Damage to ear drums if impact causes pressure build up.</i> | | | | | |
| <i>Risk of breaks, fractures, or dislocations if technique is not done properly</i> | | | | | |
| Groups Exposed & Likelihood Data | | | | | |
| <i>All individuals involved in the exercise are subject to the likelihood of injury</i> | | | | | |
| Previous Hazards | | | | | |
| <i>Not applicable</i> | | | | | |
| Existing Controls | | | | | |
| <i>Use of correct safety equipment during punching should include correct joint protection such as bag gloves, lightweight boxing gloves, semi contact gloves as well as foot pads or suitable footwear.</i> | | | | | |
| <i>Though none of the above are essential, good practise dictates that they should be used.</i> | | | | | |
| <i>If protection is not used (by the choice of the student or where not possible), the instructor will always advise very light or non-contact to be used to further reduce the risk of injury.</i> | | | | | |
| <i>The instructor shall demonstrate how to perform the technique correctly and advise of risks involved.</i> | | | | | |
| <i>In the case of shadow sparring, no protective equipment is necessary</i> | | | | | |
| Hazzard | 2 | Severity | 2 | Risk | 4 |
| Improvement Activity | | | | | |
| <i>Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity.</i> | | | | | |
| <i>Anyone not in possession of the correct equipment will not be allowed to partake in this specific part of their training until said equipment is available.</i> | | | | | |
| <i>Or, where training can continue safely, participants will be advised to use very light or non-contact.</i> | | | | | |
| <i>To reduce the likelihood of injury all beginners will; until deemed of a reasonable level refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work.</i> | | | | | |

| Blaze Martial Arts - General Risk Assessment | |
|---|------------------------|
| Activity | Assessment Date |
| General Standing Grapple | 21/06/2022 |
| Location | Multi location |
| Assessor | J Billingham |
| Identified Hazards | |
| Grappling uses the opponent's body against him/ her therefore can result in injury dependant on the specific technique employed. | |
| Neck and joints are the most at risk during this application. | |

| Groups Exposed & Likelihood Data | | | | | | |
|--|----------|-----------------|----------|-------------|----------|--|
| All individuals involved in the exercise are subject to the likelihood of injury | | | | | | |
| Previous Hazards | | | | | | |
| not applicable | | | | | | |
| Existing Controls | | | | | | |
| Use of correct safety equipment during contact such as gum shields and grappling gloves (lightweight boxing, semi contact gloves can also be used). | | | | | | |
| Shadow sparring -- no equipment necessary | | | | | | |
| Gum shields, grappling gloves though not necessary should be used always | | | | | | |
| Participants unable to use the advised safety equipment (in the case of self-defence workshops) will be advised to use light or non-contact | | | | | | |
| Hazard | 1 | Severity | 2 | Risk | 2 | |
| Improvement Activity | | | | | | |
| Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity. | | | | | | |
| Anyone not in possession of the correct equipment will not be allowed to partake in this specific part of their training until said equipment is available. | | | | | | |
| To reduce the likelihood of injury all beginners will; until deemed of a reasonable level refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work. | | | | | | |

| Blaze Martial Arts - General Risk Assessment | |
|--|------------------------|
| Activity | Assessment Date |
| <i>General Takedowns high, middle & low line</i> | <i>21/06/2022</i> |

| | |
|-----------------|-----------------------|
| Location | Multi location |
| Assessor | J Billingham |

| Identified Hazards |
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| <i>High line take downs are targeted mainly towards the neck. Any incorrect application could result in death, paralysis as well as severe injury.</i> |
| <i>Midline take downs are targeted towards the stomach, lower ribs & chest areas. Incorrect application could result severe injury including broken ribs and paralysis.</i> |
| <i>Low line take downs are targeted from feet to groin. Incorrect application could result in damage to ligaments, knee joints predominantly but other traumas due to falls can be sustained</i> |

| Groups Exposed & Likelihood Data |
|---|
| <i>All individuals involved in the exercise are subject to the likelihood of injury</i> |

| Previous Hazards |
|-------------------------|
| <i>Not applicable</i> |

| Existing Controls |
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| <i>Use of correct safety equipment during contact, gum shields and grappling gloves (lightweight boxing, semi contact gloves can be used).</i> |
| <i>The training of breakfalls is imperative to reduce/ remove the possibility of injury.</i> |
| <i>Shadow sparring no equipment necessary</i> |
| <i>Gum shields, grappling gloves though not necessary should always be used.</i> |
| <i>Where safety equipment is not always available, in the case of self defence workshops etc, the participant will be advised to exercise caution and / or use light to none contact</i> |

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|----------------|----------|-----------------|----------|-------------|----------|
| Hazzard | 2 | Severity | 3 | Risk | 6 |
|----------------|----------|-----------------|----------|-------------|----------|

| Improvement Activity |
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| <i>Ensure all practitioners are equipped with the relevant equipment prior to carrying out this activity.</i> |
| <i>Anyone not in possession of the correct equipment will not be allowed to partake in this specific part of their training until said equipment is available.</i> |

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| <i>To reduce the likelihood of injury all beginners will; until deemed of a reasonable level refrain from contact with other individuals, this will allow them to participate in only shadow sparring, and pad work.</i> |
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