



Generic Risk Assessment – For the delivery of full body, contact mixed martial arts lessons to children, teenagers and adults.

Date – September 2026

Review – September 2027 or before if required.

Reviewed and signed by – JUSTYN BILLINGHAM

Blaze Martial Arts & Black Belt Academy

Issue / Activity	Hazard / Impact	Uncontrolled Risk			Current Control Measures	Controlled Risk			Additional Controls – if required
Full body contact sport – martial arts	Personal Injury Students & Instructors	5F	4S	20RR	All classes are lead and supervised by qualified instructors. Ratio of instructors to pupils are maintained. Suitable body protection is worn. All instructors have received first aid training. First aid kits available. Member of WAKO Member of BMABA	3F	2S	6RR	Ensure qualifications and professional membership are maintained.

Dehydration	Fainting Students & Instructors	3F	2S	6RR	Ensure regular breaks and encourage students to drink water during lessons. All instructors have received first aid training.	1F	2S	3RR	
Body Fluids	Contact with body fluids Students & Instructors	3F	2S	6RR	All instructors have received first aid training. PPE available in first aid kit. Spill kit available	1F	1S	1RR	
Fire	Students & Instructors	2F	4S	8RR	Instructors aware of how to raise the alarm and will assist in the evacuation and liaise with emergency services if required.	1F	4S	4RR	
Unknown / pre-existing medical condition	Students	2F	3S	6RR	Ensure pre-membership check list is completed by all students. Insist that medication is available ie inhalers / epi pen. Instructors have received first aid training.	1F	2S	3RR	

Jewellery / piercings	Students	3F	2S	6RR	Advise all students that jewellery and or piercings must be removed / taped	1F	1S	1RR	
Safe Guarding	Students	2F	2F	4RR	Safe Guarding policy Instructors DBS checked Group lessons with multiple students and instructors present.	1F	1S	1RR	

Evaluation – Severity	No Injury / Incident / Impact	Low Injury / Incident / Impact	Minor Injury / Incident / Impact	Major Injury / Incident / Impact	Fatality / Serious Incident / Impact
Frequency of occurrence	1	2	3	4	5
1 = Very Unlikely	1	2	3	4	5
2 = Unlikely	2	4	6	8	10
3 = Likely	3	6	9	12	15
4 = Very Likely	4	8	12	15	20
5 = Certain	5	10	15	20	25
Risk Rating					
1 to 5	Low		Acceptable to tolerable		These risks are considered acceptable. No further action is necessary other than to ensure that the controls are maintained.
6 to 10	Medium		Risks that should be reduced so that they are acceptable or tolerable		Effort must be made to reduce the risk. Risk reduction measures must be implemented.
11 to 25	High		Unacceptable		These risks are unacceptable. Control measures must be implemented immediately.