

# Risk Assessment Form



Name of	5UP C.I.C
Location	186 Moorside Road, Swinto
Contact Person	Jozef Chlebik
Date	29/10/2024

To be completed every week to ensure satisfactory risk deduction is taking place in the premises and students are being kept safe.

GYM SPACE		
The floor is clean, has a non-slip surface and is free from obstacles and hazards	YES	NO
Equipment is not in hazardous position or blocking entry/exist points	YES	NO
Space is appropriate for the activity and number of participants	YES	NO
Lighting and heating is sufficient	YES	NO
<b>Comments/Actions taken or required below;</b>		

BOXERS' EQUIPMENT		
All equipment is appropriate for the number, age of boxers	YES	NO
Gloves are in good repair, foam of sufficient depth across the knuckles	YES	NO

Groin protectors are in good repair and are a good fit – everyone to provide own equipment	YES	NO
Mouth guards are properly fitted – fit – everyone to provide own equipment	YES	NO
Hand wraps are of appropriate length and material	YES	NO
Footwear is in good repair and is a good fit – bare feet are appropriate	YES	NO
<b>Comments/Actions taken or required below;</b>		
<b>Due to health and safety everyone should have their own groin protector, hand wraps and mouth guard.</b>		
<b>Boxing gloves can be provided and are regularly sprayed clean to eliminate bacteria and odours.</b>		

<b>GYM EQUIPMENT</b>		
Enough space around equipment for it to be used safely	YES	NO
Punch bag are sufficiently padded to not cause hand damage	YES	NO
Bag chains and fastenings are securely tightened and in good repair with no broken links or bent fastenings	YES	NO
Mats have no tears or rips	YES	NO
Skipping ropes have secure handles and are in good condition	YES	NO
Medicine balls are in good condition with no splits	YES	NO
Weights: stands, bars and collars are all in good condition with secure collars and no damage to welds	YES	NO
Aerobic equipment (e.g. bikes, cross trainers) are maintained in accordance with manufacturing's recommendations	YES	NO

**Comments/Actions taken or required below;**

**BOXERS**

Boxers are suitably attired and are not wearing jewellery

YES

NO

Any injuries are considered when planning and conduction activities, which must be suitable

YES

NO

**Comments/Actions taken or required below;**

**All gym members must notify instructors of any injuries that they are carrying before proceeding to actively participate in any physical activities.**

**SPARRING**

Sparring only takes place when a full coach is present

YES

NO

Sparring is NOT conducted by any coaches under the age of 18

YES

NO

Correct equipment is always worn during sparring i.e. mouth guard, gloves, protectors etc.

YES

NO

Boxers and coaches to understand the need for control in conditioned and technique sparring and understanding that it is a learning experience

YES

NO

Boxers are matched suitably to age, experience, ability, weight and height

YES

NO

Suitable themes are chosen relative to age, experience and ability

YES

NO

A range of sparring opportunities are on offer, tailored to the needs of the boxers

YES

NO

<b>Comments/Actions taken or required below;</b>
<b>Gym members must realise that once agreed, they could get hit in the body. This is a controlled environment, and NOBODY can hit others at FULL FORCE – maximum is 50% power.</b>
<b>Sparring is a controlled environment and we do NOT expect students to get seriously injured OR cause harm to others.</b>
<b>Members NOT obeying rules will be warned and if persistent flouting of the rules, one strike will go on their records and per the behaviour policy potentially banned permanently from the premises.</b>

<b>EMERGENCY PROCEDURES AND FIRST AID</b>		
All coaches hold appropriate first aid qualifications	YES	NO
Emergency procedures are published and available for all to see, and all coaches are aware of them	YES	NO
A working telephone is available	YES	NO
Emergency access points are checked and operational	YES	NO
A fully equipped first aid kit is available at all sessions	YES	NO
There is an accident/incident book in place and accessible, in which injuries other than minor training injuries are logged	YES	NO
<b>Comments/Actions taken or required below;</b>		

Potential Effect	Existing Controls in Place	Score	Further Controls Required

1.Student deliberately punches another student in the lesson to cause harm	The offending student must sit out the lesson and may not partake in the lesson the following week	Low	If student re-offends, they will NOT be able to attend the lesson for a month or maybe EXCLUDED
2.The gym can get very hot and stuffy	Open the shutter door	Low	
3.With a large group of students there is not enough room to train safely	Keeping the sessions numbers small, and splitting the students into different groups	Low	
4.Gloves, wraps or ropes could be left lying around and could be a potential trip hazard	Ensuring that all equipment is put away and that none are left lying around when not required	Medium	
5.If you fall on the gym floor, you could hurt yourself	Soft matting is provided on the floors	Low	Regularly check matting conditioning and replace when required
6.The training is of a physical nature and the incorrect execution of a manoeuvre could result in harm	A coach will always be present to ensure the correct techniques are executed	Low	

<p>7.Certain medical conditions could cause injury to the students when training</p>	<p>Students are encouraged to tell the coach of any conditions or injuries that they might be worried about during training. Students who are struggling with any part of the session, would be advised to rest</p>	<p>Medium</p>	<p>Ensure all medical files from students are regularly updated and all staff are aware of any changes.</p>
<p>8.If a student does not know the punch technique and how to hold the pads, they may harm themselves or harm others</p>	<p>All students are taught correct punch techniques at 50% speed and the correct technique in hold of the pads</p>	<p>Low</p>	
<p>9.Aggressive or bad behaviour could be used in the lesson by the student and against each other</p>	<p>Aggressive or abusive behaviour is UNACCEPTABLE, and any student seen to be disrupting the lesson or trying to hurt any other students will be suspended or banned</p>	<p>Low</p>	<p>Student will be given warnings before drastic actions like permanent ban taking place</p>
<p>10.There may be students who are experienced in Thai Boxing which may lead to injury</p>	<p>Any advanced or experienced boxers will be paired off with a beginner and encouraged to develop their partners whilst at the same time work at bettering their own skill</p>	<p>Low</p>	

<p>11. Due to the intensity of the sport of Boxing, students may feel that they are NOT able to take part</p>	<p>Boxing is fun, recreational activity delivered in an educational environment for ALL students at ALL levels</p>	<p>Low</p>	<p>Sessions are designed for ALL participate at that person's individual level, without the need to add extra pressure. Boxing caters for ALL levels NOT just the high-level fighters. If its not FUN or challenging, then this sport will NOT be forced on to individuals.</p>
<p>12. What will the student do in an event of an emergency/ Health and Safety</p>	<p>A health and safety brief and emergency drill will be explained prior to the commencement of the class. Fire Exits, Muster Points, Toilets, First aid.</p>	<p>Low</p>	