



# ELEMENTAL FITNESS

## RISK ASSESSMENT

<b>Organisation Name:</b>	Elemental Fitness Elemental Kickboxing Academy (EKA)	<b>Number of persons involved:</b>	Up to 30
<b>Nature of activity:</b>	Freestyle Kickboxing.	<b>Frequency of activity:</b>	Varies

- Elemental Fitness Ltd approved rules only for activities usually carried out by the member clubs. Instructors must have C.R.B. clearance for teaching children and must hold a First Aid certificate. Instructors must carry a mobile phone while conducting training sessions for instant access to the Emergency Services.
- A thorough programme of warm-up exercises must be conducted at the beginning of each session and a cool-down session at the end.
- The Instructor must control the number of students in the training area at any one time.
- Students must read the appropriate Welcome Pack, Gym rules (where applicable) and they must fill in and sign the enrolment form.
- Any student not abiding by the Elemental code of conduct and gym rules may be banned from all Elemental training sessions and Elemental.
- Any student with an injury, medical condition or is feeling unwell should alert the coach to this prior to the start of any session. All accidents/injuries are to be reported to the instructor on duty who will provide First Aid and appropriate measures including completing an accident report form.

<b>Hazard</b>	<b>Control Measures in Place</b>	<b>Risk Factor</b>	<b>Further Control Measures</b>
<b>1. Direct Physical/ Personal injuries</b>			
Sparring	Mandatory use of all appropriate safety equipment; gloves, gum shield, groin box or chest protector, shin and instep pads, head guard and feet protectors. This is provided by the student and upkeep is their responsibility. Students should only be matched with other students of appropriate experience and size in comparison to themselves. This matching is supervised by the instructor. If sparring partners must be of unequal size and/or experience then light contact must be used.	Medium	Students will only be permitted to spar when they have reached the appropriate level of competence in the sport, as recognised by the instructor. Sparring requires more room than pad work, and should only be undertaken when sufficient space is available in the gym.
Pad work; practicing punching and kicking techniques on appropriate pads; potential injuries as outlines below:	Correct use of pads and bags in the manner in which they are designed to be used.	Low	Equipment is owned by the club; good up keep of the equipment is the responsibility of the instructor.
Damage to or damage by fingers/toes	All nails must be kept short.	Low	Un-matted floor must be clean & safe.
Damage to Toes and ankles.	Warm up routines should include all body. Mats (where used) should be inspected periodically for damage and to ensure no gaps.	Low	
Dislocation and fractures resulting from falls.	Practice Breakfalls. Assist Take-downs.	Low	Students don't practice throwing partners to the floor. Sparring partners must be of a similar weight and experience. Call an ambulance if necessary.

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Injury to head, neck or spine. Unconsciousness due to a heavy blow to the head.	Serious injuries of this nature are very rare when training. Observation of good gym etiquette reduces the risk further. All students must wear appropriate safety gear. Injuries should be reported immediately. All students need to be aware of the accident procedure.	Low	An injured student shall cease training immediately and first aid will be applied. The student shall be given medical help or directed to seek medical advice.
Muscle fatigue, cramp, sore/stiff joints, pulled muscles, ligaments and tendons.	All students should participate in the warm up and stretching at the beginning of each session. Students arriving late must warm up.	Medium	The instructor should check there are no prior injuries before each session. The instructor may stop a member training if they observe any distress.
Superficial injuries; cuts, bruises and nose bleeds.	These are an occasional but inevitable consequence of a combat sport. All protective equipment should be well maintained and correctly worn. The instructor has the right to ban any member, immediately, whom he finds to be acting in a manner likely to cause injury and not exerting sufficient control. All students should moderate their own behaviour in response to their partner's experience.	Medium	All cuts should be immediately cleaned and dressed. With all but the most superficial of cuts the member should cease training for that session. This is particular the case for nose bleeds as they can re-occur readily after the bleeding has stopped. Blood spillages should be preferably cleaned up by the member who has been bleeding using the blood spillage kit provided.
Dizziness, hyperventilation, nausea and exhaustion.	Dizziness, hyperventilation and general exhaustion can occur during strenuous exercise; this is generally alleviated by improved physical condition. All new students should be encouraged to take a rest if required and not push themselves too far. The instructor must be particularly aware of this when new students join.	Low	

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Dehydration	Large quantities of fluid can be lost during training sessions especially in hot weather. Students should be encouraged to bring water to the session and drink it regularly during the session and to re-hydrate thoroughly after the session.	Medium	
Contraction of infectious diseases from other member's blood.	All cuts must be promptly cleaned. Blood on the mats or floor should be cleaned immediately using appropriate equipment.	Low	Instructors and First aiders should wear rubber gloves when there is blood present. All equipment will need to be washed with a disinfecting solution every month.
Collision with other persons in the training room.	The instructor must limit numbers by the activity and to the size of the gym. Spectators should not be near the practice area.	Low	Instructors must be aware that more floor area is required for sparring than for pad work.
Injury resulting from inappropriate clothing or jewellery.	Jewellery or inappropriate clothing to be removed before training.	Low	
Students with existing medical conditions/injuries.	All new students must fill in a Personal Information/Enrolment Form (declaring existing medical conditions) before they train.	Low	Instructors must review the forms on application. Students must notify the instructor of any changes to their medical condition including injuries. If a student's condition affects any part of the training they may opt out of that exercise.
Newcomers may be ill equipped to deal with the challenges of the sport and so could cause themselves or others injury.	Careful and gradual instruction for new participants.	Low	

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<b>2. General Risks</b>			
General trips and falls.	All training equipment, bags and shoes must be stowed away from the training area. Any liquid on the floor must be cleaned immediately.		Spectators should also remain clear of the training area and take care not to trip over students equipment, bags and shoes.
Standard of instruction, knowledge of safety and insurance.	All coaches are to be licensed and insured by the MAFCUK and Towergate Insurance. All individuals training are required to be licensed and insured member of the MAFCUK and Towergate Insurance. Providing member to member indemnity, this must be purchased after a maximum of 4 training sessions. All new students should be made aware of general safety issues by the instructor and read the Elemental code of conduct, gym rules and Risk Assessment. Any visiting instructors should be licensed and insured.	Low	
Building faults	Building faults should be reported to the administrator of the venue. If the venue is unsuitable for the class to continue it will be cancelled.	Low	
Fire	If someone discovers a fire: Sound the nearest fire alarm available and follow directions below. If there isn't a fire alarm get everyone out and inform the caretaker of the venue. If the caretaker cannot be found call the fire brigade. If the fire alarm sounds: Everyone leaves the building by the nearest exit, the caretaker will then be informed that everyone has been evacuated and wait for the all clear.	Low	Ensure furniture and bags do not obstruct emergency exits.