**Risk estimation**

Using the form provided to evaluate the main health and safety risks in your sport. Use the guidance and tables below to help you:

Table 1: risk estimation

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| **Likelihood** | **Severity of impact** | | |
| Slight | Moderate | Extreme |
| Very unlikely | Very low risk (VL) | Low risk (L) | High risk (H) |
| Unlikely | Very low risk (VL) | Medium risk (M) | Very high risk (VH) |
| Likely | Low risk (L) | High risk (H) | Very high risk (VH) |
| Very likely | Low risk (L) | Very high risk (VH) | Very high risk (VH) |

Table 2

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| --- | --- | --- | --- | --- |
| **Categories for likelihood of harm** | **Very unlikely (VU)** | **Unlikely (U)** | **Likely (L)** | **Very likely (VL)** |
|  |  |
| Typical occurrence | Less than 1% chance of being experienced by an individual during their working lifetime | Typically experienced once during the working lifetime of an individual | Typically experienced once every five years by an individual | Typically experienced at least once every six months by an individual |
| A few people exposed to the risk occasionally |  |  |  |
|  | Some people exposed to the risk occasionally | Many people exposed to the risk some of the time | Many people exposed to the risk most of the time |
|  | or | or |  |
|  | A few people exposed some of the time | Some people exposed most of the time |  |
| Adapted from: BS 18004:2008 | |  |  |  |

Table 3:

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| **Impact category** | **Slight (S)** | **Moderate (M)** | **Extreme (E)** |
| Harm to health | Nuisance and irritation; temporary ill-heath leading to discomfort | Partial hearing lost; dermatitis; asthma; work-related upper limb disorders; ill-health leading to permanent minor disability. Sickness absence | Acute fatal diseases; severe life shortening diseases; permanent substantial disability. Long term sickness. Ill health retirement. |
| Injury | Superficial injuries, minor cuts and bruises; eye irritation from dust | Lacerations; burns; concussion; serious sprains; minor fractures. Sickness absence. | Fatal injuries; amputations; multiple injuries; major fractures Long term sickness. Ill health retirement. |
| Other impacts | Warning letters from enforcement bodies or legal action unlikely. | Improvement notice | Corporate manslaughter or high profile H&S prosecution – Crown court. High fines, imprisonment, |
|  | Prosecutions for minor offences leading to fines in magistrate’s court. |  |
| Claims unlikely | Civil claims for minor amounts | High profile civil claim (e.g. stress) or large arising from major incidents. |
| Unlikely to be result in adverse press coverage |  |  |
|  | Local press coverage | National press coverage |
|  |  |  |
| Damage minor and causes no significant disruption | Part of building lost or temporary disruption to work | Long term disruption to business. E.g. Whole building lost or activity prevented by damage, contamination or prohibition notice. |
| Cost of rectifying low | Significant costs needed to remedy | Major cost impact to remedy |
| Little or no impact on staff morale | Some impact on staff morale. Increased dissatisfaction, reduced cooperation and productivity | Major impact on staff morale. Widespread discontent. Poor industrial relations. Tribunals and disputes. Failure to recruit and retain key staff. |
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| RAE score unaffected | RAE score threatened | Impact on RAE score |

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| Sport: Kickboxing. | Location: | Reference number: |

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| Activity | Hazard | Hazardous event and expected consequence | People affected | | Existing controls | Assessment of risk | | | Additional Risk Controls | Action Lead | Residual Risk |
| Occupation | Number | Likelihood | Severity | Risk Level |
|  | Pad Holding | Pulled muscles, dislocations. | Pad holder | 1 | N/A | VU | L | M | Teach beginners how to correctly hold pads. Pair people with others of similar weight/strength | First aider | L |
| Hitting Pads | Slight sprain-fracture. | Striking | 1 | N/A | U | L | L/M | Teach proper technique with minimal power initially to minimise strain on elbows/wrists. | First Aider | L |
| Sparring | Minor cuts bruises to Concussion/ fractures/sprains |  | 1/2 | Supervised sparring, boxing gloves worn shinguards worn. | L | M | H | Only students of a certain ability are able to spar. All sparring must be fully supervised by the coach and another member of the committee. Sparring at the Essex Blades Kickboxing club is light/medium contact. Boxing gloves must be over 14oz to spar. | First aider | M |
| Participants | Sprained ankles (when using skipping ropes) | Participants | 20 | Good stretching and warm-up at beginning of session to warm, stretch and prepare all joints and have a progressive transition towards the most intense phase of the session. Cool down at the end: We always end with stretching to improve flexibility of joints, ligaments and muscles and reduce the risk of future injuries. | U | S | Very Low |  |  | Very Low |
|  | Pulled muscles, mainly in the shoulder area or the lower back (when performing techniques) | Participants |  | Good stretching and warm-up at beginning of session to warm, stretch and prepare all joints and have a progressive transition towards the most intense phase of the session. Cool down at the end: We always end with stretching to improve flexibility of joints, ligaments and muscles and reduce the risk of future injuries. | U | S | Very Low |  |  | Very Low |
|  | Sprained / damaged wrists fingers and toes (from punching and kicking pads) | Participants |  | Participants shown how to punch properly, but also advised to purchase hand wraps and decent pair of gloves. Full contact equipment is used making injury unlikely. Most of these are provided by the club. Explanation to participants why hand wraps / gloves are important items to purchase. | U | S | Very Low |  |  | Very Low |
|  | Accidental contact with pad-holder - Bruising | Participants |  | Members shown how to hold pads correctly and told to be alert at all times | U | S | Very Low |  |  | Very Low |
|  | Punching / kicking incorrectly- Hyperextension of joints | Participants |  | Teaching members not to overextend arms / legs when punching. Starting techniques slowly to ensure correct technique before speeding up | U | M | Medium |  |  | Medium |
|  | Any light sparring (practising moving techniques) – Bruising; nose bleeds; damage to ribs and jaw; dizzy spells. | Participants |  | Always using full safety gear: gloves, shinguards, groin guard, gum shield, headguard. Many of these are provided by the club. Only 60% of power is used while sparring, it is always supervised and any moves are practised on pads first to ensure correct and safe technique. These rules of conduct constitute a primary concern in the first sessions and we ensure that are learned before we move to sparring. | U | S | Very Low |  |  | Very Low |
| Surface | Floor - Slipping over | Participants |  | Inspection before training. Immediate cleaning of spilled drinks etc. | U | S | Very Low |  |  | Very Low |
| Individual Participants  Medical | Participants who have asthma - Inability to breathe and find the exercise more difficult | Participants |  | Notifying instructor and AND carrying inhaler / medication. Training partners ensuring each other’s condition throughout session. Instructor / president to inform class of requirement to tell of any medical conditions and then participant’s responsibility to tell instructor. | U | M | Medium |  |  | Medium |
|  | Participants carrying injuries - Exacerbation of injuries | Participants |  | Inform instructor of condition. Participant to opt out of any exercises which may cause further injury | L | S | Low |  |  | Low |
|  | Every member has a different fitness level - Some members unable to complete exercises / becoming too fatigued | Participants |  | Instructor alters session according to every participants abilities. Participants to stop when they reach personal goals / fitness level. | L | S | Low |  |  | Low |
| Equipment | Broken/unsafe training pads - Not providing adequate protection to participants | Participants |  | Checking all equipment is satisfactory. Participants to double-check their equipment is in good condition | VU | S | Very Low |  |  | Very Low |
|  | Any unused equipment e.g. benches / chairs - Causing participants to trip fall | Participants |  | Storing safely away around sides. | U | S | Very Low |  |  | Very Low |
| Participants | Size / strength of training partner - Unintentionally hurting training partner | Participants |  | Participants should train with someone roughly their standard and size. When with unevenly matched partners training should be adapted to suit both | U | S | Very Low |  |  | Very Low |
|  | Injuries from equipment getting caught on piercings and scratches from fingernails/toenails when practicing techniques. | Participants |  | Jewellery should be removed before the sessions and fingernails/toenails should be cut short. | U | S | Very Low |  |  | Very Low |
| Clothing | Appropriate clothing/protective equipment not worn | Participants |  | All club members are required to wear appropriate clothing/protective equipment as recommended by the clubs NGB | U | S | Very Low |  |  | Very Low |
|  | Fire Safety | Fire Procedures and Emergency Exit doors leading directly onto playing area | Participants |  | Ensure Fire doors are closed in Sports Hall. Ensure Fire Doors are not blocked and all teams are informed of the emergency procedure and meeting places | U | S | Very Low |  |  |  |
|  | Participant Behaviour | Poor safety awareness of participants could increase the likelihood of an injury. | Participants |  | All players are made aware of the importance of taking care of opponents and the latest edition of the rules of the sport. | L | S | Low | Any unsafe behaviour will be addressed and corrected. |  | Very Low |
|  |  | Aggression between participants may result in more intentional or unintentional reckless behaviour | Participants |  | Team captains or coaches should be aware of possible aggression arising between players at all times. Any aggression is dealt with in a calm manner ensuring it never presents a risk. | L | S | Low |  |  |  |
|  | Travel | Road accidents in hired mini-buses when travelling to away venues. | Participants |  | Drivers not to exceed the seating limit. No drivers will consume alcohol prior to driving. Driver to be properly qualified, for example, only driving the mini bus after passing the SU test. Vehicle will be checked and suitable for use prior to departure. If during the journey the vehicle becomes unsafe then the driver will contact the SU directly. | VU | E | High |  |  | High |
|  |  | Road accidents involving the use of private cars. | Participants |  | Drivers will comply with the road traffic Act. We will insist that seatbelts are worn; no driver distractions and exits will not be obstructed. | VU | E | High |  |  | High |
|  | Weather | Extreme cold can cause the ground to freeze and cause serious injury on impact | Participants |  | The ground will be reviewed by the sports centre and ground staff to ascertain if the ground is suitable to be played, if not under no circumstances will training or matches go ahead | VU | M | Low | Keep an eye on the weather reports days before a game or training |  | Low |
|  | Dehydration | Hot temperatures and direct sunlight can cause dehydration, | Participants |  | Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure regular fluids are consumed. Players are encouraged to bring water bottles to games. | U | M | Medium |  |  | Medium |

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| Assessors name | Signature | Date | Review period | Date of next review | Responsible manager | Position | Signature | Date |
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