



The ReConnect Programme

Martial Arts Training Risk Assessment

Activity: Martial Arts Training (e.g. Boxing, Kickboxing, Karate, Jujitsu, MMA Foundations, and Self-Defence)

Location(s): ReConnect Studio / Blue Wave Martial Arts / Approved External Facilities

Assessor: Chris Sodey

Date of Assessment: 5.9.25

Review Date: 5.9.26

Reviewed By: Chris Sodey

1. Description of Activity

Supervised martial arts sessions delivered by qualified and DBS-checked instructors as part of The ReConnect Programme's Physical and Therapeutic strands. Sessions focus on fitness, coordination, self-discipline, confidence, and emotional regulation through structured warm-ups, technical drills, controlled sparring, and reflective cool-downs. Activities may be 1-1 or small-group and tailored to each learner's needs, interests, and ability.

2. Persons at Risk

- Students / Participants
 - Staff / Instructors / Coaches
 - Visitors or Observers
-



3. Relevant Legislation and Guidance

- Health and Safety at Work Act 1974
 - Management of Health and Safety at Work Regulations 1999
 - Provision and Use of Work Equipment Regulations (PUWER) 1998
 - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013
 - Equality Act 2010 (reasonable adjustments for SEND)
 - DfE: Health and Safety: Advice for Schools (2023)
 - Keeping Children Safe in Education (2025)
 - National Governing Body (NGB) Martial Arts Guidelines
-



4. Risk Assessment Table

Hazard / Risk	Persons at Risk	Potential Harm	Existing Control Measures	Risk Rating (L/M/H)	Further Action Required
Contact injuries during sparring or drills	Students	Bruising, sprains, minor cuts	Controlled contact only; clear rules; qualified instructor supervision; safety gear worn; technique focus before contact work	M	Regular review of sparring intensity; refresher on control and respect
Slips, trips, or falls	All	Impact injuries, twisted ankle, head bump	Mats secured; floor checked for hazards; correct footwear; warm-up and balance drills	L	Ongoing daily area inspection
Overexertion or dehydration	Students	Fatigue, dizziness, fainting	Warm-ups and cool-downs built in; hydration breaks; instructor monitoring of effort levels	L	Monitor individual fitness levels
Use of incorrect or damaged equipment (pads, gloves, mats)	All	Hand, wrist, or joint injury	Equipment checked before use; faulty items replaced; cleaning and storage routines followed	L	Maintain written equipment inspection log
Poor technique or instruction	Students	Muscular strain or repetitive injury	Qualified instructor with safeguarding and First Aid training; technique taught progressively	L	Periodic external coaching review

Behavioural dysregulation or frustration	Students	Risk to self or others	Clear behaviour expectations; de-escalation strategies; access to calm space; SEMH-trained staff present	M	Continue staff SEMH and trauma-informed CPD
Medical conditions triggered by activity (e.g. asthma, hypermobility, anxiety)	Students	Physical distress, panic	Medical info reviewed before sessions; inhalers and medication accessible; pace adapted individually	M	Update ILPs and health forms termly
Unsafe environment (poor ventilation, cluttered space)	All	Heat exhaustion, slips	Pre-session safety check; maintain clear areas and good airflow	L	Ongoing site monitoring
Safeguarding or inappropriate physical contact	Students	Emotional harm or safeguarding breach	Two adults present where possible; open training space; respectful contact boundaries explained; staff DBS-checked	L	Continue safeguarding supervision and DSL oversight
Inadequate supervision ratios	Students	Increased injury risk	1:6 max ratio; qualified martial arts instructor present at all times	L	Review if larger group planned
Sensory overload (noise, proximity, intensity)	Students with sensory sensitivities	Distress, shutdown, withdrawal	Calm communication; optional ear defenders; permission to take breaks	L	Record sensory needs in ILP
Infection control (shared equipment, mats)	All	Illness or skin irritation	Equipment cleaned after each use; personal gloves encouraged; first aid kit available	L	Maintain cleaning log

Fire / evacuation during session	All	Injury during evacuation	Students briefed on exits; instructor leads orderly evacuation	L	Review fire drills quarterly
----------------------------------	-----	--------------------------	--	---	------------------------------

5. Emergency Procedures

- First Aid: Trained First Aider on site during all sessions.
 - Accident Reporting: Incidents logged in Accident Book and reviewed by Site Lead; RIDDOR report if required.
 - Emergency Contact: Up-to-date details held on MIS and accessible to staff.
 - Evacuation: Clear instructions given; assembly points communicated to all participants.
-

6. Safeguarding and Inclusion

- Sessions delivered in line with the Safeguarding and Child Protection Policy.
 - Students supported to express feelings safely and reflect on emotions linked to challenge or competition.
 - Instructors ensure gender sensitivity, privacy, and appropriate supervision in changing areas.
 - Adjustments made for SEND, physical limitations, or mental health needs.
 - Any safeguarding concern reported immediately to the Designated Safeguarding Lead (DSL).
-





7. Staff Competence and Training

- Instructors hold recognised Martial Arts Instructor qualifications and First Aid certificates.
- All staff and volunteers are enhanced DBS-checked.
- Ongoing CPD in trauma-informed practice, behaviour management, and de-escalation techniques.
- Regular review of safety procedures with host venue staff (e.g. Blue Wave).

8. Review and Monitoring

This Risk Assessment will be reviewed annually or following any significant incident or change in legislation or guidance. Feedback from staff, students, and visitors will be considered to continuously improve safety measures.

Reviewed by: Chris Sodey CEO of The ReConnect Programme Date: 5/5/25