

<i>Identify Hazards</i>	<i>Estimate the risk</i>				<i>Evaluate the risk</i>				<i>Evaluate residual risk</i>
<u>Hazard</u>	How may harm result?	Likelihood	Severity	Rating	Risk control measures	Likelihood	Severity	Rating	Further action required? <i>Only fill out if additional control measures are needed to be implemented or reviewed</i> Include timescales and who is responsible for implementation
Housekeeping	<ul style="list-style-type: none"> Fire caused by buildup of equipment in storage areas and worsened by items blocking fire exits. Slips, trips or falls from untidy placement of equipment or unattended spillage of liquids. 	2	2	4	<ul style="list-style-type: none"> Committee members will inform society members about the importance of good housekeeping and proper equipment storage. When necessary, committee members will tidy equipment after sessions if it has not been stored away properly. Members will only be able to drink in designated areas Clean the floor with a mop when it becomes excessively covered in sweat to reduce the slipperiness. 	1	2	2	
Manual handling	Improper lifting, lowering or transport of heavy equipment can result in joint injuries, lower back pain and pulled muscles.	2	2	4	Use the TILE plan to manage the probability of an injury happening: Does the task itself require doing? Do you have the capability to do the task? Always ask for help with the task. Is the load too much and can it be modified? Where do you need to transport it along, are there lifts which could reduce the risk of injury?	1	2	2	
Slips, trips or falls	<ul style="list-style-type: none"> A fall due to misplaced equipment, spillages or a large amount of sweat. Can result in injuries ranging from bruises to broken bones, which can be made significantly 	2	3	6	<ul style="list-style-type: none"> The flooring in Bad Company Gym is padded, reducing the impact and severity of any falls. To reduce the risk, any spillages should be attended to immediately; equipment should be stored away neatly and safely 	2	2	4	

	worse by an increased height.				<p>in the designated areas and members should only drink in the designated areas.</p> <ul style="list-style-type: none"> • Members will train either barefoot or with trainers depending on the venue to have better surface grip. • A coach qualified in first aid and a first aid kit will always be present and accessible at training sessions to deal with any injuries. 				
Concussion	<ul style="list-style-type: none"> • Receiving a heavy punch or a kick to the head during sparring, resulting in a concussion. • Usually it is mild and does not require any treatment. • However, if it is a particularly hard blow, the individual has had previous brain surgery, has a bleeding disorder, is taking an anticoagulant or has previously ingested alcohol or certain drugs. 	4	2	8	<ul style="list-style-type: none"> • Members will be informed of the risk and severity of concussion prior to engaging in any sparring. • Heavy sparring will not be permitted. • Coaches and committee members will monitor the force in sparring and advise individuals to go lighter if it is too intense. • When necessary, members who pose a danger to others will be expelled from the society. • A coach qualified in first aid and a first aid kit will always be present and accessible at training sessions to deal with any injuries. • Members who have received a blow to the head will be monitored for any red flag symptoms and restricted from training until they recover fully. • The concussion will be reported to the University of Leeds to prevent it from happening again and to provide support to the individual. 	2	2	4	
Exercising with poor technique	Can result in muscle sprains/injuries for the individual performing the technique	3	2	6	<ul style="list-style-type: none"> • Coaches will observe members and inform them how they can improve their technique to avoid pulling or hurting any muscles. • Proper warm ups, cool downs and stretching will be done at all training sessions to reduce the risk and severity of muscle injuries. 	2	2	4	

					<ul style="list-style-type: none"> A coach qualified in first aid and a first aid kit will always be present and accessible at training sessions to deal with any injuries. 				
Jewellery and other accessories	Can tear the skin/tissues of the people wearing jewellery or those training with them.	3	2	6	<ul style="list-style-type: none"> All jewellery must either be removed or taped over before training. Spectacles will be removed prior to sparring. Hair tied back before training 	1	2	2	
Incorrect pad holding technique	The person hitting pads may accidentally miss and hit the person holding them.	2	2	4	<ul style="list-style-type: none"> Members will be taught correct pad holding technique, which will be monitored by the coach and committee members during training sessions. A coach qualified in first aid and a first aid kit will always be present and accessible at training sessions to deal with any injuries. 	1	2	2	
Sparring	Individuals will receive strikes (punches, kicks and knees) and potentially sweeps during sparring, which can result in various minor injuries.	3	2	6	<ul style="list-style-type: none"> Members must wear a gum shield, a groin guard (males), shin pads and boxing gloves to engage in sparring. Sweeps will only be allowed in Badcompany gym and The Edge - Studio 2 where there is a soft, padded floor. Coaches and committee members will monitor the force used in sparring and advise individuals to go lighter if it is too intense. A coach qualified in first aid and a first aid kit will always be present and accessible at training sessions to deal with any injuries. 	2	2	4	
Fighting and competing	High intensity fight with multiple strikes (punches, kicks and knees) being exchanged.	4	3	12	<ul style="list-style-type: none"> Only amateur fights will be organised within the society i.e. participants will be wearing boxing gloves, shin pads, a gum shield and a groin guard (males). A qualified referee will be present to stop the fight when necessary. 	3	2	6	Enquire about health insurance for competitions and arrange it for those who are competing.

					<ul style="list-style-type: none"> Trained medical professionals will be present to provide any treatment if necessary. 				
Extreme temperatures	<ul style="list-style-type: none"> Training in an environment which is too cold can lead to hypothermia. Training in an environment which is too hot can lead to heat stroke. 	2	3	6	<ul style="list-style-type: none"> All training is inside which reduces the risk of being exposed to dangerously cold temperatures. Training will be adapted at very hot temperatures. For hot temperatures, ensure the venue is well ventilated by opening windows. Regular water breaks will also be used on very hot days. 	1	3	3	
Medical conditions	Lack of knowledge about certain members' medical conditions leading to specific medical emergencies e.g. people with asthma may have an asthma attack during training.	2	4	8	<ul style="list-style-type: none"> Any new members must report any medical conditions they have to the coach. Members with potentially dangerous medical conditions must bring necessary medication with them e.g. inhalers for asthma. 	1	4	4	
Injury from improper engagement with facilities (The Edge)	Injuries may arise from members not properly knowing how to use facilities within the Edge.	2	2	4	<ul style="list-style-type: none"> To access campus facilities, all committee members must have attended an induction session run by SPA. All members must adhere to the code of conduct for behaviour when dealing with SPA staff. Sessions will not start until the qualified coach is present. All accidents / near misses will be reported to a member of staff so that a qualified first aider can treat the casualty and complete the necessary reporting. 	1	2	2	
Inadequate protective equipment	Members sparring without proper protective equipment, potentially leading to minor injuries e.g. bruises and sprains.	3	2	6	<ul style="list-style-type: none"> Members will only be allowed to spar with a gumshield, a groin guard (males), shin pads and boxing gloves (16oz). All training equipment owned by the society will be assessed bi-annually by the treasurer and 	1	2	2	

					replaced if necessary.				
Unsuitable/ inexperienced coach leading the session	<ul style="list-style-type: none"> Coach is not trained in first aid. The coach does not teach at an appropriate level for the members, increasing the risk of injuries. Coaches are not properly monitoring members during training or sparring, meaning they are more likely to injure each other. 	3	2	6	<ul style="list-style-type: none"> Coaches must be registered and approved by LUU to run sessions. Any coach leading a session must be trained in first aid. Both coaches are international level, professional fighters so they know what techniques are safe for inexperienced members to perform. Coaches will monitor members during sparring to ensure they are not using too much force on each other. 	1	2	2	
Loss and sharing of keys	<ul style="list-style-type: none"> Other people having keys to Bad company gym Loss of keys resulting in members being locked in or out of the gym 	2	3	6	<ul style="list-style-type: none"> Keys will be held by certain committee members and by coaches, who will be responsible for locking and accessing the gym to allow members to enter the gym but also to ensure the gym is not left unlocked. 	1	3	3	
Social events	<ul style="list-style-type: none"> Members may accidentally lose the group and get separated. Alcohol may be consumed at the event which can lead to intoxication, dehydration and falls. Risk from attending an off campus venue 	4	3	12	<ul style="list-style-type: none"> Committee members will ensure the venue is appropriate beforehand e.g. visiting the venue. Committee will attend social guidelines training on how to ensure a social is safe and inclusive. Committee members will recognise and support intoxicated members and seek first aid assistance in venues. Location and times will be communicated to all society members. Committee contacts will be given to members as an emergency point of contact during the social event. Ensure all committee members 	2	2	4	

					<div>are aware of the code of conduct.</div> <ul style="list-style-type: none">• Ensure all members are aware that alcohol consumption is a personal choice at a social event.				
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