

Risk Assessment of The Well Being Programme

Organisation of the numbers such as a line up, that will be carried out at the start of the class.

The instructor must be handed over any information of a child's medical needs and sickness prior session.

Hazards that are in Martial Arts	Ways of controlling the risk	Risk factor
Being hit	Sparring is not done till they reach higher grades and no child is forced into sparring. When sparring is commencing it will always be monitored. full protective equipment is mandatory. Then light impact should be made. sparring is not fighting it is a about displaying skill.	Medium
Strains and pulled muscles	Warm ups should reflect the main actions and drills we do later in the class. Stretching is to be light and controlled. Never to be rushed or pushed aggressively.	low
Slips and trips	As per any work place slips and trips are always the bane of a work place but can easy be avoided if measures are in place. Inspecting the floor before the start of session and equipment to be removed and put away	low
Joint ache	To teach student correct form and ingrain good habits of technique also to teach students about hyper extension.	low
cuts	No jewellery to be worn and all nails must cut.	low
Bruising	Very common with when impact occurs. When bones clash with each other they	Low/medium

	bruise but bones grow back stronger This process is known as micro fractures. No good can come from any head trauma so this is avoided at all times.	
blisters	Always a problem that new students will face. over time there skin will harden just like a guitarist fingers for example.	Medium
Death	They will be learning techniques that can cause death through strangulation or impact to head and chest. we train worst case scenarios in life but in a controlled manner in the training room. So we control this through monitoring the level of pressure that is applied on each other and all students are trained on a submission tap out process and none carry an ego way of winning but by using controlled pressure. No student will be allowed to use such techniques without the instructor watching.	Low/medium