



STRIKE KICKBOXING

TRAINING RISK ASSESSMENT

Activity: Kickboxing, martial arts fitness and self-defence training

Venue: Ground-floor wooden-floored hall, with approximately half of the training area covered by mats

Participants: Adults and children

Supervision: One qualified instructor who is first-aid trained

Training style: Light-contact kickboxing with a self-defence curriculum

KEY SAFETY CONTROLS

- Training is supervised by an instructor with coaching qualifications and first-aid training.
- Strike Kickboxing uses a light-contact approach. Uncontrolled or excessive contact is not permitted.
- Participants may stop an exercise at any time if they feel uncomfortable, unwell or unsafe.
- Techniques are taught progressively and adapted to age, experience and ability.
- Mats are used for activities involving falls or ground-based techniques.
- The training area and equipment should be checked before each session.
- The venue is on the ground floor, has disabled access and has ground-floor toilets.
- There are two fire exits from the hall area leading to an external patio area; exits must remain clear.
- Parents/carers are advised to collect children after training. Independent departure should only occur in accordance with Strike Kickboxing's collection arrangements and minimum-age guidance.
- First-aid provision is available and a first-aid-trained instructor is present.
- Accidents, injuries and significant incidents should be recorded and reviewed.
- Safeguarding concerns are managed in accordance with Strike Kickboxing's safeguarding procedures.

Risk Rating

Likelihood: 1 Very unlikely | 2 Unlikely | 3 Possible | 4 Likely | 5 Very likely

Severity: 1 Minor injury | 2 First-aid injury | 3 Medical attention | 4 Serious injury | 5 Life-threatening/fatal

Risk score = Likelihood × Severity. 1–4 Low | 5–9 Medium | 10–16 High | 17–25 Very High

Hazard	Who may be harmed	Initial risk	Control measures	Residual risk
Slips, trips and falls	All participants	Medium	Inspect area before each session; keep floor clear of bags, clothing, bottles and other obstructions; deal with spillages immediately; check mats.	Low
Wooden floor / mat transition	All participants	Medium	Clearly identify training areas; supervise movement between surfaces; use mats for appropriate falls/ground work.	Low
Kicking, punching and pad work	All participants	Medium	Demonstrate techniques; supervise closely; use appropriate intensity; teach safe pad holding; correct unsafe technique.	Low/Medium
Contact between participants	All participants	Medium	Light-contact rules explained; controlled techniques only; pair students appropriately where practicable; continuous supervision.	Low/Medium
Sparring / contact drills	Participants taking part	Medium/High	Introduce only when appropriate to age, experience and ability; controlled/light contact; protective equipment where appropriate; instructor may stop immediately; participation not compulsory.	Medium
Head injury / concussion	All participants	Medium	No deliberate heavy head contact; monitor contact activities; stop immediately after suspected concussion/significant head impact; seek medical assistance where required; inform parent/carers for children as appropriate.	Low/Medium
Sprains, strains and muscle injuries	All participants	Medium	Warm-up/cool-down; progressive instruction; work within individual ability; monitor fatigue; encourage prompt reporting of pain/injury.	Low
Fractures / serious injury	All participants	Low/Medium	Controlled environment; progressive instruction; restrict high-risk techniques; first aid available; emergency services contacted when necessary.	Low

Self-defence techniques	All participants	Medium	Teach progressively under close supervision; controlled practice of restraints, escapes and defensive techniques; no unnecessary force; students may stop/decline.	Low/Medium
Fatigue, overexertion or dehydration	All participants	Medium	Age/ability-appropriate sessions; water/rest breaks; participants encouraged to report dizziness, illness or excessive fatigue; instructor monitors participants.	Low
Medical conditions / pre-existing injuries	Participants	Medium	Ask new students to disclose relevant medical information/injuries; adapt participation where appropriate; advise medical advice where necessary.	Low/Medium
Children leaving unsupervised	Children	Medium	Parents/carers advised to collect children; independent departure only under club collection arrangements and stated minimum-age criteria; arrangements clarified before session ends.	Low
Safeguarding concerns	Children / vulnerable participants	Medium	Maintain appropriate supervision; professional boundaries; follow safeguarding policy and report concerns through the appropriate procedure.	Low
Fire	All participants	Medium	Keep both fire exits clear; familiarise participants with evacuation arrangements; direct evacuation where practicable; contact emergency services.	Low
Emergency evacuation	All participants	Medium	Ground-floor venue supports straightforward evacuation; consider assistance for anyone needing support; account for participants where practicable.	Low
First-aid incident	All participants	Medium	First-aid-trained instructor present; first-aid equipment available; assess/treat appropriately; escalate serious injuries; record incident; inform parents/carers as appropriate.	Low
Toilet / accessibility	All participants	Low	Ground-floor toilets and disabled access available; routes kept clear; make participants aware of facilities and emergency arrangements.	Low
Training equipment	All participants	Medium	Inspect pads, gloves and other equipment; remove damaged items; store safely; instruct students in correct use.	Low
Incorrect technique	All participants	Medium	Instructor demonstrates and corrects techniques; progressive teaching; encourage questions; modify/stop unsafe exercises.	Low
Horseplay / inappropriate behaviour	All participants	Medium	Clear behaviour expectations; no uncontrolled contact or dangerous horseplay; intervene immediately;	Low

			persistent unsafe behaviour may result in removal from session.	
Clothing / jewellery / personal items	All participants	Low/Medium	Appropriate training clothing; remove jewellery where possible; secure long hair; keep belongings away from training area.	Low
Overcrowding / insufficient space	All participants	Medium	Monitor class size against available space; adapt exercises; maintain appropriate spacing during striking and fitness drills.	Low
Illness / infection	All participants	Medium	Do not attend when acutely unwell where attendance could create a clear risk; maintain hygiene; clean shared equipment appropriately.	Low
Behavioural / sensory needs	Participants requiring additional support	Medium	Encourage communication of concerns; adapt activities where reasonably practicable; use clear instructions/demonstrations; do not force unsafe participation.	Low/Medium

Session Safety Check

- ☐ Training area checked and clear of trip hazards.
- ☐ Mats correctly positioned and in suitable condition.
- ☐ Fire exits and routes clear.
- ☐ First-aid kit accessible.
- ☐ Training equipment checked and safe to use.
- ☐ Students appropriately briefed on the session and contact level.
- ☐ Any relevant medical/injury information considered.
- ☐ Children's collection arrangements understood where applicable.

Review and Sign-Off

This risk assessment should be reviewed at least annually and sooner if there is a significant change to the venue, activities, equipment, staffing, incident history or relevant guidance.

Assessment completed by:	
Date:	
Review date:	
Signature:	

Note: This risk assessment is intended as a practical club safety document and should be kept under review alongside Strike Kickboxing's other policies and procedures. It does not remove the need to comply with applicable venue, safeguarding, first-aid, fire-safety and health-and-safety requirements.