



Combat Class Room Activity Risk Assessments

Assessment Date: 27.03.2026

Assessor: Matt Thorpe (Director)

Job Assessed	Risks	Measures In Place	Action Needed
<ul style="list-style-type: none">Teaching Kickboxing Class – Risk to Students	<ul style="list-style-type: none">Students bumping into one anotherKicks and Punches being thrownSlipping or tripping overStudent over exerting themselves	<ul style="list-style-type: none">Large matted area to ensure plenty of spaceProvide all safety equipment to ensure all kicks and punches are properly paddedPadded floors and walls that are regularly cleaned and maintained.Students are required to fill in a parQ to ensure they can partake in physical activity. Head Coach first aid trained.	None

<ul style="list-style-type: none"> • Teaching BJJ/Grappling Class – Risk to Students 	<ul style="list-style-type: none"> • Students bumping into one another • Danger of joint locks and submissions being over applied • Slipping or tripping over • Student over exerting themselves 	<ul style="list-style-type: none"> • Large matted area to ensure plenty of space • Provide all safety equipment to ensure safe training. Follow structured program with proper coach interaction to ensure safe training. • Padded floors and walls that are regularly cleaned and maintained. • Students are required to fill in a parQ to ensure they can partake in physical activity 	None
<ul style="list-style-type: none"> • Teaching MMA Class – Risk to Students 	<ul style="list-style-type: none"> • Students bumping into one another • Kicks and Punches being thrown • Submission and chokes being over applied • Throws and takedowns going wrong • Slipping or tripping over • Student over exerting themselves 	<ul style="list-style-type: none"> • Large matted area to ensure plenty of space • Provide all safety equipment to ensure all kicks and punches are properly padded. Follow structured program with proper coach interaction to ensure safe training. • Padded floors and walls that are regularly cleaned and maintained. • Students are required to fill in a parQ to ensure they can partake in physical activity 	None

<ul style="list-style-type: none"> • Teaching Sparring Classes – Risk to Students 	<ul style="list-style-type: none"> • See our sparring procedures and policies document 	<ul style="list-style-type: none"> • See our sparring procedures and policies documents 	None
<ul style="list-style-type: none"> • Using Strength and Conditioning Area 	<ul style="list-style-type: none"> • Working with weights and weighted items that are lifted • Using cardio equipment such as battle ropes and air bike • Trips and slips 	<ul style="list-style-type: none"> • Ensure area is clean and tidy to avoid and trips and falls • Ensure students know how to use the equipment through proper instruction • Ensure students are not lifting heavy weights/items beyond there means 	None
<ul style="list-style-type: none"> • Teaching Class – Coaching Risks 	<ul style="list-style-type: none"> • Students bumping into you • Students injuring you • Slipping or falling over 	<ul style="list-style-type: none"> • Large matted area to ensure plenty of space • Ensure proper technique is taught through our coaching program • Ensure large matted area and walls that is properly cleaned and maintained. 	None