

Scramble Academy Risk Assessment

| What is the Hazard? | Who might be harmed or affected? | What action is needed to remove or manage the risk? | Who is responsible for acting and when? | Sign and date when action has been taken and checked. |
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| Learners hit heads and limbs on the sides of the rooms during rolls/take downs. | Learners participating in rolls and drills for BJJ or Boxing. | Learners are reset to the centre of the mats when a bout gets too close to a side, unless a drill or roll specifically calls for use of a wall. | Coaches. | |
| Injuries due to impact from takedowns and rolls. | Learners participating in rolls and drills for BJJ. | Dollamur FLEXI-Roll® Mats lining the floor and walls to absorb the majority of impacts. | Venue designers. | |
| Joint injuries if a partner holds a submission for too long. | Learners participating in rolls and drills for BJJ. | From the start of their training learners have the importance of "tapping out" in time (before a submission begins to hurt) explicitly stated. Learners are also explicitly told about the importance of respecting an opponent's tap, and we may exclude, effective immediately, any learners we believe to have purposefully ignored an opponent's tap. We are fully committed to providing a safe and supportive learning environment. | Coach. Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission. | |
| Hypoxia/Loss of consciousness due to choke applied for too long. | Learners participating in rolls and drills for BJJ. | See above | See above | |
| Light bruising/knocks (Boxing/BJJ). | Any participant. | Light bruising and knocks are a reality of martial arts training, especially when it involves live rolling and sparing such as with BJJ and Boxing as we practice at Scramble. Learners, however, should never feel that they HAVE to participate in live training and even if they do they should always have the freedom to decide the intensity. | Coaches. | |
| Severe striking | Learners | Our philosophy is that | Coaches. | |

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| <p>impact to head and body (Boxing).</p> | <p>participating in Boxing.</p> | <p>extremely hard striking (that may lead to a wobbling feeling) in training is detrimental to consistent high-level training and training partners. We seek to eliminate this from our training by nurturing a more intelligent approach to sparring, focusing on movement and precision. This said, it will sometimes be necessary to practice full contact sparring. In this situation students will wear gum shields and a head guards in Boxing.</p> | <p>Learners are also responsible for dictating intensity of their sparring sessions.</p> <p>Scramble Academy will provide safety equipment. Learners MUST use to be allowed to participate.</p> | |
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This risk assessment was last evaluated on 08/10/2018.

Fred Greenall, Chief Safeguarding Officer, Scramble Academy