



HARRIS KICKBOXING ACADEMY – RISK ASSESSMENT

Location: Elmscroft Community Centre Hall

Activity: Kickboxing Training (Lil Ninjas, Juniors, Adults)

Instructor: Ethan Harris

Days: Monday – Thursday

Class Size: Up to 30 participants

Equipment Used: Gloves, Focus Pads, Cones

Assessor: Ethan Harris

Date Reviewed: 30/10/2025

Next Review: 30/10/202

Hazard Identification and Risk Assessment

Hazard	Who Might Be Harmed	Risk Level	Control Measures in Place	Further Action Required
Slips, trips, and falls (wooden floor, cones, bags)	All students	Medium	Floor checked before class for spills/debris. Clear training zones. Cones only used for structured drills. Shoes and bags stored safely to side.	Ongoing vigilance by coach during session.
Collisions between students (especially during pad work or sparring)	All students	Medium	Classes split by age and ability. Supervised spacing between pairs. Controlled drills only. No free sparring for under 16s unless supervised closely.	Maintain instructor-to-student ratio. Mark floor spacing with cones if crowded.
Improper technique leading to injury (kicks/punches)	Students	Medium	Demonstrations before each drill. Focus on control and accuracy over power. Gloves and pads mandatory.	Continue reinforcing technique and control.
Overexertion, fatigue, dehydration	All students	Medium	Regular breaks. Encourage hydration. Monitor students for signs of exhaustion or dizziness.	Ensure water bottles accessible.

Barefoot training on wooden floor (splinters or impact)	Students	Low	Floor swept and inspected before every session. No broken boards or nails visible.	Report and repair any damage immediately.
Fire hazard / emergency evacuation	All occupants	Low	Fire exits clearly marked and unobstructed. Fire extinguishers visible and maintained by venue.	Review fire safety procedures quarterly.
First Aid incident (sprain, fall, minor cut)	All participants	Medium	First aid kit available. Instructor is trained in first aid. Emergency contact details held for all students.	Replace used items in kit after use. Keep first aid certificate in date.
Safeguarding / inappropriate contact (children's classes)	Children ages 4–15	Medium	All staff DBS checked. Parents encouraged to stay or pick up promptly. Supervised at all times.	Maintain up-to-date safeguarding training.
COVID-19 / illness transmission	All participants	Low	Hand sanitiser available. Equipment shared minimally and wiped down. Students advised not to attend if unwell.	Continue to monitor hygiene standards.

2. Emergency Procedures

- Fire exits: Located at both ends of hall, clearly marked.
- Assembly point: Car park outside Elmscroft Community Centre.
- First Aid: Ethan Harris (qualified first aider). First aid kit located at instructor's table.
- Emergency contact: Ethan Harris 07587220764 and 999 services if required.

3. Additional Notes

- Ratio of 1 instructor per 30 students maintained for Juniors and Lil Ninjas.
- Parents/guardians must complete medical and consent forms before participation.
- Periodic safety briefings given at start of term.
- Equipment checked weekly for wear or damage (pads, gloves).

Overall Risk Rating: Low to Medium (Acceptable with control measures in place)