

19/08/2023



Health & Safety Policy

KGB Executive Committee



Health & Safety Policy and Procedures

KICKBOXING GB is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability and expect our junior athletes to participate within these boundaries.

KICKBOXING GB puts the health and safety of its members as its highest priority. KICKBOXING GB's objective is that no one will be hurt through participation in Kickboxing. As health and safety is such a key priority, this document is written in a manner that can be clearly and easily understood by all its officials, Coaches, Instructors and Members alike to ensure full compliance by everyone concerned.

Kickboxing is a martial art and a combat sport and therefore, by its very nature, there is always a risk of some minor injury. The KICKBOXING GB Policy and Procedures are based upon eliminating any serious injuries, as far as reasonably practical, together with an on-going commitment to continually work to reduce risks.

The KICKBOXING GB Health and Safety Policy and Procedures comply with the requirements of the Health and Safety at Work Act 1974 as issued by the UK Health and Safety Executive (HSE).

MEMBER HEALTH AND SAFETY POLICY STATEMENT

KICKBOXING GB acknowledges that Kickboxing, by its nature, may present risks as a martial art and contact sport involving the teaching and learning of potentially hazardous techniques using the feet and hands to strike or defend against an opponent. The KICKBOXING GB Health & Safety Policy and Procedures are in accordance with the Health and Safety at Work Act 1974 requiring KICKBOXING GB to do whatever is 'reasonably practicable' to understand the risks of Kickboxing, to control these risks and ensure the controls are communicated and implemented.

KICKBOXING GB has therefore implemented the following actions so as to reduce any potential risks and impacts to members as follows: -

- Ensure, as far as reasonably practicable, that all KICKBOXING GB registered members are not exposed to unnecessary risks/hazards whilst practicing Kickboxing.
- Make the necessary resources available for the implementation of this Policy.
- Ensure that all instructors are registered, insured and qualified.
- Provide information and training to instructors to guide them in the implementation of their statutory duties.
- Provide clear guidance to all members regarding the use of suitably approved martial arts protective equipment.



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- Ensure that proper records of any accidents/incidents are recorded and reported to the HSE and KICKBOXING GB Insurers (where required).
- Actively promote physical and mental health and safety awareness for all members.
- Provide services to Coaches/Instructors for the investigation of any accidents or dangerous incidents.
- Ensure that this Health and Safety Policy is reviewed annually or following any significant changes and monitored for effectiveness.
- Ensure all members are made aware of this Policy.
- KICKBOXING GB confirms its commitment to continual improvement.

Coaches/Instructors who fail to strictly adhere to these regulations may be held personally accountable.



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GENERIC RISK ASSESSMENT (GRA)

Introduction

1. A generic Risk Assessment (GRA) is a specialised risk assessment that has been pre-prepared to remove repetition and save time. Coaches/Instructors will need to compare the situation at his/her dojo to identify any further hazards and the control measures that may need to be introduced.
2. Prior to any Kickboxing activity an assessment must be made to determine the hazards involved and their significance.
3. When completing your GRA, you must take account of the following additional factors:
 - The facility/building H&S arrangements.
 - The facility/building fire arrangements.
 - The facility/building emergency evacuation arrangements.
 - Where appropriate, a young person's perception of risk (inexperience, lack of knowledge).

DEFINITIONS

Hazard - means anything with the potential to cause harm (e.g., extreme cold, heat, striking, piercing etc). This may be immediate, e.g., in the case of a fall, or delayed in the case of an illness.

Severity - is the degree of injury, numbers of personnel affected, property damage, or other factors that could occur as the result of a hazard.

Risk - is the likelihood that harm may occur. The assessment of risk therefore involves looking at the likelihood that harm will occur and the severity/consequence.

Controls - are actions taken to eliminate hazards or reduce the risk involved.

Competence - a competent person must have such practical and theoretical knowledge and actual experience of the type of activity and equipment to be undertaken, to enable him/her to detect unsafe conditions and evaluate their seriousness.

Residual risk - is the risk remaining after controls have been applied.



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RISK CATEGORISATION

This Section shows how to determine the size of a risk when producing a Risk Assessment.

KICKBOXING GB uses the following risk categorisation matrix: -

Pro		Impact Level			
		1.Negligible Minor knock	2.Minor First Aid	3.Serious Medical Treatment	4.Severe Lasting Injury
4. Very Likely	Every Session	4	8	12	16
3. Likely	Two or Three	3	6	9	12
2. Occasionally	Hardly Ever	2	4	6	8
1. Extremely Unlikely	Freak Chance	1	2	3	4

The above matrix details the level of the *risk impact* i.e., how much damage could be caused (Minor Knock to Lasting Injury) and the *probability of that risk occurring* i.e., how often it might occur (Very Likely to Extremely Unlikely). The grid below determines what must be done regarding that risk level:

Risk Category	Assessment	Action
1	Risk is judged to score 8 (e.g., 2×4) or higher (as shown in Red in the matrix)	The risk must be reviewed and removed or reduced.
2	Risk is judged to score 4 (e.g., 2×2) or higher (as shown in Amber in the matrix)	The risk should be reviewed and reduced where possible or protection provided.
3	Risk is judged to score 3 (e.g., 1×3) or lower (as shown in Green in the matrix)	The risk may be tolerable and no action taken other than additional care or supervision.

It should be noted that protecting against a high risk is the last form of defence. Preferably a risk should be removed or reduced prior to protecting from it.



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KICKBOXING GB have instigated a robust Risk Management process based upon risks being “As Low as Reasonably Practical” (ALARP) recognising Kickboxing’s uniqueness namely that:

“Kickboxing is a martial art and combat sport and therefore by its very nature there is always a risk of some minor injury. KICKBOXING GB is committed to minimising the risks”

It is always the Coach/Instructors final responsibility to carry out a specific Risk Assessment against the actual activity, specific circumstances and current conditions. Conducting specific Risk Assessments at the point of use is always the best way to identify these and any additional hazards.

Additional hazards may exist and additional measures or protection may therefore be necessary to protect KICKBOXING GB Members against these specific/current risks.

Every Kickboxing specific activity may contain a variety of hazards and risks to look out for such as:

- Tripping/Slipping/Falling
- Face injuries (Eyes/Teeth/Nose)
- Body injuries (Ribs/Groin/Bones)
- Hand or Foot Injuries (Fingers/Toes)
- Knockout/Loss of consciousness
- Bleeding
- Choking
- Fainting
- Asthma
- Undeclared/Unknown Medical Conditions



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No	Risk	P	L	P x L	Mitigation	P	L	P x L	Control
1	Fire	1	3	4	Instructor to explain fire drill	1	2	2	Instructor aware of fire drill
2	Obstacles in venue	3	6	9	Instructor to move all objects out of the way	2	1	3	Instructor to remove any objects that could cause injury
3	Pulled Muscle	3	2	6	Slow stretching to begin then a gentle progressive build-up and slowdown of strenuous activity	1	2	2	Instructor awareness of individual member's capabilities
4	Fainting / dehydration	2	2	4	Instructor to be observant. Allow member to sit down if dizzy. Members encouraged to bring water with them	1	2	2	Apply First Aid if this occurs. Instructor allow regular water breaks.
5	Unknown and Existing Medical Condition	2	3	6	Always carry out pre-membership checks. Be aware of known symptoms and treatments. Insist that members bring necessary	1	3	3	Pre membership checks should identify common conditions. Instructor to liaise with member on treatment if symptoms occur.



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					medication with them i.e., inhalers / epi-pen				Unknown conditions require the instructor to be vigilant at all times.
6	Over Exertion	2	2	4	Be aware of the individual fitness levels. Do not push beyond an individual's level.	1	2	2	Be aware of individual fitness levels
7	Jewellery / Piercings	2	2	4	If visible they must be removed or taped. If not visible and not taped, then stated as being at the member's own risk.	1	2	2	Instructor to be vigilant to jewellery / piercings.
8	Kick / Punch to Head	3	3	9	Use of full safety equipment i.e., Headguard , Kick boots, Gloves etc First Aider available	3	2	6	Kickboxing is a combat sport and this activity remains a residual risk. Use full safety equipment First Aider on hand.
9	Broken bone / Knock-out / Unconsciousness	3	3	9	Use of full safety equipment i.e., Headguard , Kick boots, Gloves etc First Aider available	3	2	6	Kickboxing is a combat sport and this activity remains a residual risk. Use full safety equipment First Aider on hand.
10	Kick / Punch to Body	4	4	8	Use of full safety equipment i.e., Headguard , Kick	4	1	4	Kickboxing is a combat sport and this activity remains a



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					boots, Gloves etc First Aider available				residual risk. Use full safety equipment First Aider on hand.
11	Bleeding	2	2	4	First Aider available	2	2	4	First Aider / kit available
12	Fall / Slip	4	2	8	Make sure floor is clean and dry. Use Mats whenever possible.	4	1	4	Make sure floor is clean and dry. Use Mats whenever possible.

It must be stressed that the above is a 'Generic/Model' Risk Assessments only and the Coach/Instructor must check that it is applicable to the time, place and conditions in which he/she is applying them. Additional hazards and risks may be discovered and must be added to the Risk Assessment for that Club.



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