

WUMA Club Risk Assessment Template

This template is pre-filled with examples of common hazards and control measures. WUMA Schools must review and adapt for their own venue and regular class activities. It is aimed primarily at everyday training, sparring, and club operations, not large competitions.

Hazard	Potential Harm	Control Measures in Place (WUMA Standard)	Person Responsible	Additional Venue/Club Actions
Slips, trips, and falls in training area	Injury from falling	Regular floor inspections, clear walkways, mats checked for damage before each session	Instructor / Venue Manager	Add venue-specific checks e.g., wet floor signage
Damaged or unsafe training equipment	Cuts, bruises, sprains	Weekly equipment checks, damaged items removed from use immediately	Instructor	Record inspections in club log
Sparring contact (under 18s)	Head injury, concussion	Touch contact only with headguards, no full contact under 18, instructors monitor closely and stop unsafe contact	Instructor	Ensure parents are briefed on head contact policy
Sparring contact (over 18s)	Head injury, concussion	Control level agreed before sparring, adherence to concussion protocol, safe and supervised at all times	Instructor	Remind students about return-to-play rules if injured
High intensity pad work / drills	Overexertion, strains, slips	Progressive warm-up, correct technique taught, adequate space between pairs	Instructor	Adapt drills for space or age group
Concussion during class or sparring	Short/long-term brain injury	Follow WUMA Concussion Guidelines (based on FA policy), no same-day return, 14 days symptom-free for head contact	Instructor / First Aider	Display concussion guidelines in training area

Lack of first aid provision	Delay in injury treatment	Qualified first aider present, first aid kit maintained, emergency contacts available	Instructor	Ensure first aid qualifications are up to date
Inadequate supervision	Bullying, injury, safeguarding incidents	Follow WUMA Safeguarding Policy, DBS checks for all staff, correct ratios in classes	Instructor / Safeguarding Officer	Add venue-specific supervision measures
Parent/visitor access to training area	Distraction, safeguarding risk	Clear boundaries for viewing, no unauthorised persons in training area	Instructor	Adjust viewing rules to suit venue