

LIONS SELF DEFENCE & LEADERSHIP MARTIAL ARTS VENUE RISK ASSESSMENT FORM

Name of Venue/Room

St Peters Centre Oadby

Address

Oadby Leicester, LE2 5QE

Type of Venue

Dedicated School	
Leisure Centre	
School	
Isolated Hall	Y

Is there access to a First Aider?	yes			
Are there any devices or cables which could cause an electric shock?		NO		
are electrical goods PAT tested?				
Is the floor dry, smooth, level and/ or matted?	YES			
has it passed a Fire Inspection?	YES			
are there certified Fire Extinguishers available?	YES			
Is there a Fire Alarm System fitted?	YES			
Is the alarm tested	YES			
Are all exit routes clear and signed?	YES			
Do you/your students know the Muster point	YES			
Is the lighting level adequate?	YES			
Is the temperature suitable for training?	YES			

Are there are chemical products around which could be a hazard if touched/moved?		NO		
Is there access to a First Aider throughout the class?	YES			
If there is no First Aider are you fully trained/ refreshed/ certified?	YES			
Is there quick access to a well-equipped First Aid Box?	YES			
Is there an Accident Book?	YES			
Are there any objects or furniture which could be a hazard?	NO			
Are there any Mirrors or Pictures on walls which could cause injury?	NO			
Is the provision of Insurance clear i.e. Venue, School, Instructor, other?	YES			
Are insurance / Fire / Safety Certificates / Documents displayed?		NO	This isnt a full time venue for our activity, all of our documents will be in a folder at the venue and available on request.	YES
Do you have emergency telephone numbers readily available?	YES			
Do you have access to a telephone during classes?	YES			
Are there adequate Toilet facilities for M/F/Disabled?	YES			
Are there M/F changing Facilities?		NO		

Assessor's Name

Chirag Lukha

Title/Position in Club

Founder of LIONS & Instructor

Date of Assessment

10/11/2025

Reassessment Due

9/11/2026

Reassessed by

Date

LIONS Self Defence & Leadership Martial Arts Leicester

Activity-Specific Risk Assessment

Activity: Children's Martial Arts Classes

Organisation: LIONS Self Defence & Leadership Martial Arts Leicester

Location: St Peters Centre, Oadby

Assessor: Lead Instructor

Date: 10/11/2025

Review Date: Annually or after incidents

1. Activity Description

Structured martial arts classes for children involving:

- Warm-up exercises
- Martial arts techniques
- Fitness drills
- Partner drills
- Leadership exercises
- Confidence-building activities
- Self-defence simulations

Classes are taught by **qualified instructor**

2. Participants

- Children aged 4–18
- One instructor

- Parents available nearby by phone call

3. Risk Assessment Table

3.1 Physical Injury Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Slips and trips	Falls and minor injury	Students	Clear floor before class; no bags on mats; dry surfaces	Low
Collisions between students	Minor injury	Students	Controlled spacing; structured drills; instructor supervision	Low
Incorrect technique	Strains or bruises	Students	Age-appropriate teaching; progressive training	Low
Overexertion	Fatigue or dizziness	Students	Water breaks; rest allowed anytime	Low
Warm-up injuries	Muscle strain	Students	Gradual warm-up routines	Low

3.2 Martial Arts Specific Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Partner drills	Accidental contact	Students	Clear rules; controlled speed; supervision	Low
Kicking and punching drills	Accidental strikes	Students	Safe distance maintained	Low
Balance drills	Falls	Students	Soft flooring where possible	Low
Demonstrations	Student confusion	Students	Clear instructions	Low

3.3 Safeguarding Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Single instructor environment	Allegation or misconduct risk	Students & Instructor	Livestreaming; parent access; open environment	Very Low
Instructor alone with child	Safeguarding concern	Students	No isolated sessions; visibility maintained	Very Low
Physical contact	Boundary concerns	Students	Zero-touch teaching policy	Very Low

Unauthorised adults	Safeguarding threat	Students	Closed venue policy	Very Low
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3.4 Single Instructor Risk Controls

Because LIONS operates with **one instructor**, additional safeguards exist.

Hazard	Risk	Control Measures	Risk Level
Lone working	Instructor vulnerability	Emergency contacts available	Low
Instructor illness	No supervision	Parents remain reachable	Low
Emergency incident	Delayed response	First aid trained instructor	Low
Allegations	Reputational risk	Livestream recordings	Very Low

3.5 Venue Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Fire	Injury	All	Fire exits identified	Low
Blocked exits	Delayed evacuation	All	Exits checked before class	Low
Poor lighting	Trips	Students	Adequate lighting	Low
Unsafe flooring	Injury	Students	Pre-class inspection	Low

3.6 Equipment Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Training equipment	Injury	Students	Equipment checked regularly	Low
Pads and targets	Accidental impact	Students	Controlled drills	Low
Mats	Trips	Students	Mats secured	Low

3.7 Behaviour Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Rough behaviour	Injury	Students	Behaviour rules explained	Low
Bullying	Emotional harm	Students	Anti-bullying policy	Low
Disruptive behaviour	Unsafe environment	Students	Instructor control	Low

3.8 Medical Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Asthma attacks	Breathing difficulty	Students	Inhalers accessible	Low
Allergies	Reaction	Students	Parent disclosure forms	Low
Injury	Minor harm	Students	First aid kit available	Low

3.9 Entry and Exit Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Child leaving alone	Safeguarding risk	Students	Parent collection required	Very Low
Unknown adult collection	Safeguarding risk	Students	Known adult collection only	Very Low
Unsupervised waiting	Safeguarding risk	Students	Instructor monitors collection	Very Low

3.10 Livestreaming Risks

Hazard	Risk	Who at Risk	Control Measures	Risk Level
Unauthorised access	Privacy breach	Students	videos made private immediately after class	Very Low
Recording misuse	Privacy risk	Students	Controlled storage	Very Low
Camera failure	Reduced transparency	Students	Regular equipment checks	Low

4. Emergency Procedures

Fire

- Stop class immediately
- Evacuate via nearest exit
- Assemble outside
- Register check if possible

Injury

- Stop activity
- Assess injury
- Provide first aid
- Contact parent if needed

Emergency:

Call 999

5. Safeguarding Emergency

If a child is at risk:

1. Ensure immediate safety
2. Contact emergency services if needed
3. Inform DSL

4. Record incident

6. COVID / Illness Controls (If Required)

- Students stay home if unwell
- Hand hygiene encouraged
- Equipment cleaned regularly

7. Supervision Ratios

Typical ratios:

1 instructor : 20 children

Enhanced safeguards:

- Livestream monitoring
- Parent accessibility
- Structured activities

8. Residual Risk Level

Overall activity risk:

LOW

Martial arts activities are controlled and structured with:

- Qualified instruction
- Safeguarding systems

- Zero-touch teaching
- Livestreaming transparency
- Closed venue controls