**Brazilian Jiu Jitsu Dojo Risk Assessment**

**Overview:**

This risk assessment pertains to a Brazilian Jiu Jitsu dojo situated on the second floor of a building, accessible only via two flights of stairs. The dojo includes a reception area with a first aid kit and employs two coaches who are first aid trained.

* Darren Fox
* Chantelle McDade

**Risk Categories:**

1. Physical Hazards:

a. Stairs and Accessibility:

- Risk 1.1: Potential accidents or injuries while navigating the stairs.

- Mitigation 1.1:

- Ensure adequate lighting on staircases.

- Maintain handrails and non-slip surfaces on stairs.

- Conduct regular maintenance to address any issues with stairs.

2. Medical Emergencies:

a. Injury During Training:

- Risk 2.1: Accidents leading to injuries during Brazilian Jiu Jitsu training sessions.

- Mitigation 2.1:

- Coaches must be trained in first aid and CPR.

- Ensure the presence and accessibility of a fully stocked first aid kit in the reception area.

- Conduct regular safety briefings for participants on injury prevention and response protocols.

b. Pre-existing Health Conditions:

- Risk 2.2: Participants may have undisclosed health conditions that could lead to medical emergencies during training.

- Mitigation 2.2:

- Conduct a thorough health screening and assessment for all participants before enrolling in classes.

- Maintain updated participant health records and emergency contact information

3. Facility and Equipment:

a. Equipment Safety:

- Risk 3.1: Malfunctioning or poorly maintained training equipment can lead to accidents and injuries.

- Mitigation 3.1:

- Regularly inspect and maintain all training equipment.

- Train staff to identify and report any faulty equipment for immediate repairs or replacement.

4. Fire Safety:

a. Fire Hazards:

- Risk 4.1 Fire-related accidents or emergencies within the facility.

- Mitigation 4.1:

- Conduct regular fire drills and provide training on fire safety protocols.

- Install fire extinguishers, smoke detectors, and emergency exits as per local safety regulations.

**Emergency Response Plan:**

- Injury or Medical Emergency:

- Action 1: Call emergency services immediately (999 in the UK).

- Action 2: Administer first aid based on coaches' training and available supplies.

- Action 3: Communicate with the participant's emergency contact.

- Fire Emergency:

- Action 1: Activate the fire alarm and alert all occupants to evacuate.

- Action 2: Call the fire department (999 in the UK) and provide necessary information.

- Action 3: Follow evacuation routes and assist participants as needed.