**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.

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**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.