

Scramble Academy Harrogate Risk Assessment

Effective Date: 1 August 2026

Website: www.scrambleacademyharrogate.com

Email: info@scrambleacademyharrogate.com

This risk assessment should be read alongside the Academy's Terms & Conditions, Health & Safety procedures and Safeguarding Policy. It identifies common risks associated with martial arts training and the measures in place to reduce those risks.

Hazard	Who May Be Harmed	Control Measures	Responsible
Falls into walls or off mat area	Members participating in training	Coaches stop and reset sparring before participants reach the edge of the mat. Training area is supervised at all times.	Coaches
Impact injuries from takedowns	Brazilian Jiu-Jitsu participants	Purpose-built matting and padded surfaces reduce impact. Techniques taught progressively.	Coaches
Joint injuries from submissions	BJJ participants	Members are taught to tap early and release immediately on a tap. Unsafe behaviour may result in exclusion.	Coaches & Members
Chokes causing loss of consciousness	BJJ participants	Controlled coaching, immediate release on tap and close supervision of sparring.	Coaches
Bruising and minor knocks	All participants	Contact levels are appropriate to experience. Members may opt out of live sparring.	Coaches & Members
Heavy striking injuries	Boxing participants	Controlled sparring philosophy. Appropriate protective equipment must be worn, including gloves, shin pads where applicable and gum shields. Head guards recommended for adults and required where appropriate for juniors.	Coaches & Members

Slips, trips and falls	Members and visitors	Training areas kept clean and free from hazards. Spillages removed immediately.	All staff
Medical emergency	Members and visitors	Emergency contacts held securely. First aid equipment available and emergency services contacted where necessary.	Staff on duty
Fire or evacuation	Everyone on site	Fire exits kept clear. Staff familiar with emergency procedures and assembly point.	Management

Review

This risk assessment should be reviewed annually or sooner following any significant incident, change in activities or change to the Academy premises.

Assessment Summary

The Academy recognises that martial arts involve inherent risks. Through qualified coaching, appropriate equipment, supervision and adherence to Academy rules, these risks are reduced to an acceptable level while maintaining a safe training environment.