RISK ASSESSMENT WIZARD

KICKBOXING

Safety Guide

Sports Recreation

6	35	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Health

Enhances cardiovascular health and endurance through high-intensity workouts.

Muscular Strength

Improves muscular strength and toning with punching and kicking exercises.

Coordination & Agility

Develops coordination and agility essential for effective striking and defense.

Mental Focus & Stress Relief

Boosts mental focus and stress relief through disciplined training and physical exertion.

Flexibility

Increases flexibility and range of motion through dynamic movements and stretching.

Weight Management

Supports weight management and overall physical fitness through consistent active engagement.

KEY HAZARDS & CONTROL MEASURES

Head Injuries from Strikes

- ✔ Mandate the use of headgear during sparring and competitions
- ✔ Provide training on safe striking techniques to minimize head impacts
- ✔ Supervise sparring sessions to enforce safety protocols

Powerful Strikes

- ✔ Teach controlled striking techniques with appropriate force
- ✔ Use padded gloves and protective gear
- ✔ Supervise training to ensure strikes are executed safely

Body Kicks and Punches

- ✔ Provide training on controlled body strikes
- ✔ Use protective gear such as body protectors and gloves
- ✔ Supervise drills to enforce safe execution of strikes

Improper Punching Technique

- ✔ Provide comprehensive training on proper punching form and wrist alignment
- ✔ Use instructional videos and drills to reinforce correct techniques
- ✔ Offer feedback and corrections during training sessions

Dislocations During Sparring

- ✔ Provide training on safe sparring techniques to minimize joint stress
- ✔ Use protective gear such as braces if necessary
- ✔ Supervise sparring sessions to enforce safety protocols
- ✔ Educate participants on recognizing signs of joint strain

Impact with Other Participants

- ✔ Implement clear rules regarding spacing and engagement during sparring
- ✔ Use controlled sparring sessions to practice movements safely
- ✔ Educate participants on maintaining awareness of their surroundings

Wet or Poorly Maintained Floors

- ✔ Regularly inspect and maintain training areas to ensure dry and stable floor conditions
- ✔ Use non-slip mats and proper flooring materials
- ✔ Repair any damaged surfaces promptly
- ✔ Educate participants on safe movement practices in the gym

Overexertion and Dehydration

- ✔ Monitor training intensity and duration
- ✔ Encourage regular hydration breaks and provide access to water
- ✔ Educate participants on the signs of overexertion and dehydration

Inadequate Supervision

- ✔ Ensure qualified instructors or supervisors are present during all training sessions
- ✔ Maintain appropriate participant-to-supervisor ratios
- ✔ Supervise activities closely to enforce safety rules and intervene when necessary
- ✔ Provide ongoing training for supervisors on safety and emergency proced

Safeguarding

- ✔ Implement a comprehensive safeguarding policy and ensure all staff are trained
- ✔ Conduct background checks on instructors and volunteers
- ✔ Establish clear reporting procedures for any concerns
- ✔ Maintain appropriate supervision ratios and never leave minors unattende
- ✔ Educate participants on their rights and who to contact if they feel unsafe

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Brief all staff on key risks and emergency procedures
- [ ] Ensure all identified hazards have control measures in place

Venue & Equipment

- [ ] Training floor clean, dry, and free from hazards
- [ ] Heavy bags secure and not damaged
- [ ] Protective equipment inspected
- [ ] Emergency exits clear
- [ ] Ring/cage/mats in good condition (if used)
- [ ] Pads and focus mitts in good condition
- [ ] First aid kit accessible and stocked

Participants

- [ ] Wearing appropriate training attire
- [ ] Long hair tied back securely
- [ ] Any injuries/health issues declared
- [ ] Membership and insurance valid
- [ ] No jewellery, watches, or piercings
- [ ] Hand wraps applied correctly
- [ ] Full protective gear for sparring

Supervision & Documentation

- [ ] Qualified instructor(s) present
- [ ] First aider identified and present
- [ ] Session plan appropriate for skill levels
- [ ] Appropriate instructor-to-participant ratio
- [ ] Attendance register completed

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