

# Olympia BOXING

(Non Contact) Lesson Risk Assessment

Date:  
Number of Participants:

Assessed by:  
Approved by:

Potential Effect	Existing Controls In Place	Score	Further Controls Required	Target Date
Student deliberately punches another student in the lesson to cause harm.	The offending student has to sit out of the lesson and may not partake in the lesson the following week.	Low	If a student re offends they will not be able to attend the lesson for a month or maybe at all.	1 Week 1 Month/Banned
While delivering the lesson the gym gets very hot and stuffy.	Open all windows whilst teaching.	Low		
With a large group of students there is not enough room to train safely.	Keeping the session number small and splitting the students into different groups. Which train different times or days.	Low		
Gloves, wraps or ropes could be left lying around and could be a potential trip hazard.	Ensuring that all equipment is put away and that none are left lying around when not required.	Medium		
If you fall on the gym floor, you could hurt yourself.	If there is a potential to fall over then soft matting will be placed on the floor.	Low		
The training is of a physical nature and the incorrect execution of a manoeuvre could result in harm.	An England Boxing Tutor or Boxing Coach will be present at all times to ensure the correct techniques are executed.	Low		
Certain medical conditions could cause injury to the student when training.	Students are encouraged to tell the Boxing Coach any conditions or injuries that they might be worried about	Medium		

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	during training. Students who are struggling with any part of the session would be advised to rest.			
If a student does not know the punch technique and how to hold pads he/she may harm themselves or harm others.	All students are taught correct punch technique at 50% speed.	Low		
Aggressive or bad behaviour could be used in the lesson by the students and against each other.	Aggressive or abusive behaviour is not acceptable in the Boxing Lessons and any student seen to be disrupting the lesson or trying to hurt any other students will be suspended or banned.	Low		
There may be students who are experienced in amateur boxing, which may lead to injury.	Any advanced or experienced boxers will be paired off with a beginner and encouraged to develop their partner whilst at the same time work at bettering their skills.	Low		
Due to the intensity of the sport of Boxing, students may feel that they are not able to take part.	The Olympia Boxing Legacy Awards is a fun recreational activity delivered in an educational environment for	Low		

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	all students at all levels from age of 5 years.			
What will the students do in event of an emergency/Health and Safety.	A Health and Safety brief and emergency drill will be explained prior to the commencement of the class. Fire Exits, Muster Points, Toilets, First Aid.	Low		