

### HEMA Ireland Risk Assessment Template

<b>Group:</b>	MCG Belfast	<b>Venue</b>	Donegall Pass Community Centre, Belfast
<b>Date Submitted:</b>	November 2016	<b>Area Dimensions:</b>	180m <sup>2</sup>
<b>Period covered:</b>	11/2016 – 11/2017	<b>Training Capacity:</b>	20 students
<b>First Aiders present:</b>	2	<b>First Aiders type:</b>	1 MCG class instructor, 1 community centre officer
<b>First Aid Kit present:</b>	Yes	<b>Number of Instructors:</b>	2

<p><b>Brief Description of Activities Covered by this Risk Assessment</b></p> <p>All general training sessions of Medieval Combat Group, Belfast at their usual training venue of Donegall Pass Community Centre.</p> <p>Training includes:          Warm-up          Drills          Structured Freeplay          Sparring          Cool-down</p> <p>All activities performed under supervision of instructors, and with first aiders &amp; first aid kit available.</p>
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Copy submitted to HEMA Ireland: \_\_\_\_\_

Signed by Club Representative: \_\_\_\_\_

Date: \_\_\_\_\_

Activity	General exercise & movement around venue			Comments				
Risks	Unmitigated Risk			Mitigation	Mitigated Risk			Comments
	Sev	Prob	Risk		Sev	Prob	Risk	
<b>General Exercise</b>								
Slips/Trips/Falls	5	2	7 (Moderate)	Check hall for obstructions, trip hazards or spills; appropriate footwear necessary; first aider present	4	1	5	Slip/Trip/Falls are always a possibility during exercise; students water spill requiring immediate mopping
Injury due to inadequate warm up	3	3	6 (Moderate)	20-40 minute warm up completed at the start of the class	2	2	4	Students are expected to take part in warm up, but late students may miss out
Strains/Pulled Muscles	3	3	6 (Moderate)	Adequate warm up for students is most important – also time left for stretching at the end of the class	2	2	4	Despite warming up and stretching, strains are always possible
Dehydration	3	3	6 (Moderate)	Water always available in hall – kitchen facilities	2	1	3	Although serious this is very unlikely
Inexperience	5	4	9 (High)	Beginners' class now separate from intermediates class on Mondays increasing the experience in the class.	2	1	3	Monitoring, controls and experience of the class reduce risk.
Faulty equipment	5	3	8 (High)	Equipment checked at the beginning of each class.	3	1	4	Faulty equipment identified and removed, but faults can occur at any time. Older equipment phased out.
<b>Hall</b>								
Obstructions/General Defects	5	4	9 (High)	Hall set up every evening by instructors with increased storage for higher numbers. Ground checked for hazards.	2	1	3	Trips/Slips more likely due to human error following checks. Only obstacles are tables and chairs for kit; students reminded of these where necessary.

Activity	Drills			Comments	Different drills obviously have different risks			
Risks	Unmitigated Risk			Mitigation	Mitigated Risk			Comments
	Sev	Prob	Risk		Sev	Prob	Risk	
Percussive Injury	3	3	6 (Moderate)	Adequate training given, students asked to take care, commensurate PPE worn, constant monitoring.	2	2	4	This will always still be an issue but the likelihood is reduced. Suitable handwear available.
Injury to the hands	4	5	9 (High)	Where drills pose a risk, protective gloves to be worn.	2	2	4	PPE reduced the severity and likelihood of injury occurring; suitable handwear available.
Bruising	3	5	8 (Moderate)	PPE worn in the most sensitive areas	2	2	4	PPE reduced the likelihood of injury in sensitive areas.
Head Injury	5	5	10(Extreme)	Where drills pose a threat fencing masks worn.	1	3	4	PPE reduced the severity and likelihood in drills. Masks acquired to ensure sufficient numbers for beginners.
Injury to adjacent student	4	4	8 (Moderate)	Students instructed to be two swords distance away from each other. Instructor places and monitors position of students stopping when encroachment could occur.	3	1	4	Correct management will almost completely reduce the likelihood
Injury due to close quarter fighting	4	4	8 (Moderate)	Students are not allowed to practice throws as there are no protective mats. Correct boundaries of drill discussed.	3	1	4	Close quarter fighting is practiced remaining standing, and throws are not allowed.

Activity	Sparring			Comments	Students are made aware that sparring can be dangerous and show respect to other students, but in order to take part the possibility of injury must be accepted.			
Risks	Unmitigated Risk			Mitigation	Mitigated Risk			Comments
	Sev	Prob	Risk		Sev	Prob	Risk	
Percussive Injury	4	5	9 (High)	PPE worn at all times	2	2	4	PPE reduced the worst effects of percussive injuries
Head Injury	5	5	10 (Extreme)	PPE worn at all times	1	3	4	Fencing mask reduced the severity and likelihood
Injury to the hands	5	5	10 (Extreme)	PPE worn at all times	2	2	4	PPE reduced the severity and likelihood of injury
Bruising	4	4	8 (Moderate)	PPE worn at all times	2	4	6	PPE reduced the severity and likelihood of bruising in the most sensitive areas
Excess intensity	5	4	9 (High)	Students always monitored by instructor	2	1	3	Students will be instructed to tone down when things get too intense

Activity	Steel Drills			Comments	As per drilling section above but commensurate PPE worn			
Risks	Unmitigated Risk			Mitigation	Mitigated Risk			Comments
	Sev	Prob	Risk		Sev	Prob	Risk	
Percussive Injury	4	3	7 (Moderate)	Steel drills conducted with experienced members, context and direction given and reminded of the risks.	2	2	4	Experienced students will have better consistency of attack and better blade control reducing unpredictable attack direction and allowing blows to be pulled where needed.
Injury to the hands	5	5	10 (Extreme)	Steel drills conducted with experienced members, context and direction given risks. Students reminded of the intensity of the drills but where drills pose a risk, protective gloves to be worn.	2	2	4	PPE reduced the severity and likelihood of injury occurring; new gloves developed to reduce percussive damage.
Bruising	4	4	8 (Moderate)	Drilling will be at low intensity to avoid dangerous levels of contact. Where the drill dictates contact PPE will be worn.	2	2	4	PPE reduced the likelihood of injury in sensitive areas
Head Injury	5	4	9 (High)	Drilling will be at low intensity to avoid dangerous levels of contact. Where the drill dictates contact PPE will be worn.	2	2	4	PPE reduced the severity and likelihood in drills. Class equipment available.
Injury to adjacent student	5	2	7 (Moderate)	Instructor places and monitors position of students stopping when encroachment could occur.	4	1	5	Correct management will almost completely reduce the likelihood
Injury due to close quarter fighting	5	2	7 (Moderate)	Students are not allowed to practice throws as there are no protective mats. Correct boundaries of drill discussed.	4	1	5	Close quarter fighting is practiced remaining standing, and throws are not allowed.

Activity	Steel Sparring			Comments	A minimum level of protection must be worn for students: fencing mask, padded gambeson, rubber mittens. Much higher requirements for intense / competitive sparring.			
Risks	Unmitigated Risk			Mitigation	Mitigated Risk			Comments
	Sev	Prob	Risk		Sev	Prob	Risk	
Percussive Injury	5	4	9 (High)	PPE worn at all times to correct specification.	2	2	4	PPE reduced the worst effects of percussive injuries
Head Injury	5	5	10 (Extreme)	PPE worn at all times to correct specification.	2	2	4	Fencing mask, Back of head, and gorget reduced the severity and likelihood
Injury to the hands	5	4	9 (High)	PPE worn at all times to correct specification.	2	2	4	PPE, rubber mittens, reduced the severity and likelihood of injury
Bruising	3	4	7 (Moderate)	PPE worn at all times to correct specification.	2	3	5	PPE reduced the severity and likelihood of bruising in the most sensitive areas
Excess intensity	5	3	8 (Moderate)	Students always monitored by instructor	3	1	4	Students will already be proficient enough to know the correct boundaries of the sparring. However will still be monitored or mentored one on one.

Risk Values calculated using matrix below. Find the appropriate value for the severity and probability, and add them.

Probability	Severity				
	Insignificant	Minor	Moderate	Major	Catastrophic
	1	2	3	4	5
<b>Rare</b> 1	2 (Negligible)	3 (Very Low)	4 (Very Low)	5 (Low)	6 (Low)
<b>Unlikely</b> 2	3 (Very Low)	4 (Very Low)	5 (Low)	6 (Low)	7 (Moderate)
<b>Possible</b> 3	4 (Very Low)	5 (Low)	6 (Low)	7 (Moderate)	8 (Moderate)
<b>Likely</b> 4	5 (Low)	6 (Low)	7 (Moderate)	8 (Moderate)	9 (High)
<b>Almost Certain</b> 5	6 (Low)	7 (Moderate)	8 (Moderate)	9 (High)	10 (Extreme)

