



Scramble Academy Risk Assessment

What is the Hazard?	Who might be harmed or affected?	What action is needed to remove or manage the risk?	Who is responsible for acting and when?	Sign and date when action has been taken and checked.
Learners hit heads and limbs on the sides of the rooms during rolls/take downs. Learners fall off the edge of the mats.	Learners participating in rolls and drills for BJJ or Boxing.	Learners are reset to the centre of the mats when a bout gets too close to a side, unless a drill or roll specifically calls for use of a wall.	Coaches.	
Injuries due to impact from takedowns and rolls.	Learners participating in rolls and drills for BJJ.	Dollamur FLEXI-Roll® Mats lining the floor and walls as well as a purpose built cage wall to absorb the majority of impacts.	Venue designers.	
Joint injuries if a partner holds a submission for too long.	Learners participating in rolls and drills for BJJ.	From the start of their training learners have the importance of "tapping out" in time (before a submission begins to hurt) explicitly stated. Learners are also explicitly told about the importance of respecting an opponent's tap, and we may exclude, effective immediately, any learners we believe to have purposefully ignored an opponent's tap. We are fully committed to providing a safe and supportive learning environment.	Coach. Learners are also responsible for tapping when caught, and in the absence of a tap blame cannot be placed with the executor of the submission.	
Hypoxia/Loss of consciousness due to choke applied for too long.	Learners participating in rolls and drills for BJJ.	See above	See above	
Light bruising/knocks (Boxing/BJJ).	Any participant.	Light bruising and knocks are a reality of martial arts training, especially when it involves live rolling and sparring such as with BJJ and Boxing as we practice at	Coaches.	



		Scramble. Learners, however, should never feel that they HAVE to participate in live training and even if they do they should always have the freedom to decide the intensity.		
Severe striking impact to head and body (Boxing).	Learners participating in Boxing.	Our philosophy is that extremely hard striking (that may lead to a wobbling feeling) in training is detrimental to consistent high-level training and training partners. We seek to eliminate this from our training by nurturing a more intelligent approach to sparring, focusing on movement and precision. This said, it will sometimes be necessary to practice full contact sparring. In this situation students will wear shin pads and gloves provided by the Academy and will be encouraged to bring their own gum shields and a head guards in Boxing.	Coaches. Learners are also responsible for dictating intensity of their sparring sessions. Scramble Academy will provide safety equipment consisting of shin pads and gloves for adults and shin pads, gloves, gum shields and head guards for children. Learners MUST use these as well as their own mouth guard for adults to be allowed to participate. Head guards brought by learners are optional but recommended for adults.	

This risk assessment was last evaluated on 25/04/2025.

Fred Greenall, Chief Safeguarding Officer, Scramble Academy