



Rise & Regulate

Risk Assessment- Jiu Jitsu

Activity: Jiu Jitsu

Organisation: Rise and Regulate

Assessment completed by: Danny Collins

Review cycle: Annual or following incident

Hazard / Activity Risk	Potential Harm	Control Measures
Physical contact during grappling	Minor bruising, strains or discomfort from controlled grappling drills	Sessions delivered on padded martial arts mats. Techniques taught progressively. Participants paired by size, age and ability. Staff supervise all partner work and stop activity immediately if safety or control is compromised.
Throws and takedowns	Impact injury during falling or takedown drills	Participants taught safe breakfall techniques before practising takedowns. Beginner sessions exclude high-risk throws. Techniques are demonstrated slowly and drilled under supervision.
Fatigue during training	Reduced coordination leading to potential injury	Warm-up and cool-down included in every session. Hydration breaks scheduled. Participants encouraged to rest when needed and staff monitor physical condition.