



# Rise & Regulate

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## Risk Assessment - Kick Boxing

Organisation: Rise and Regulate

Assessment completed by: Danny Collins

Review cycle: Annual or following incident

Hazard / Activity Risk	Potential Harm	Control Measures
Striking drills	Impact injury to hands, arms or torso	Pad work prioritised over sparring. Protective gloves and pads used where appropriate. Contact levels controlled and supervised by instructor.
Movement and footwork	Trips or slips on training surface	Training space kept clear of obstacles. Floors checked prior to session. Participants briefed on safe movement and spacing.
Training fatigue	Reduced coordination leading to accidents	Structured intervals with rest breaks. Staff monitor participants and adjust intensity depending on ability.