THE JIU JITSU FOUNDATION

Organisational Risk Assessment

Version dated: 04/09/2025
Next review date: 01/09/2026

Scope of Risk Assessment:

Membership	2000
Potential Members	2500
Adults members	1700
Junior members (under 18)	300
Volunteer Club Instructors	200
Volunteer Assistant Instructors	150
Volunteer Junior Club Assistants	50

The style of Jiu Jitsu practiced by members of The Jiu Jitsu Foundation is a very physical martial art with a great deal of contact with the people that you train with. The very nature of the discipline means that the 'aim' of many of the techniques and means of self defence taught and practiced are intend to inflict some kind of pain on the agressor. To this end it therefore makes the process of risk assessing the various activities in the Martial Art very difficult.

Severity			
Rating		People	Reputation - Instructor
1	Negligible	First aid injury – minor cuts sprains, bruises	Informal warning by The Jitsu Foundation
2	Marginal	RIDDOR 3 day injury – broken fingers, toes, sprained tendons or muscles, illness (tiredness, stress, gastric)	Formal warning by The Jitsu Foundation
3	Critical	Serious injury – head injury, loss of consciousness, broken bones, dislocations, respiratory problems. Usually and injury from which full recovery is possible.	Disciplinary hearing with The Jitsu Foundation
4	Severe	Death or very serious Injury to one person - Loss of limb, paralysis or life changing injury from which full recovery is unlikely.	Suspension by The Jitsu Foundation
5	Catastrophic	Death or very serious injury to more than one person	Ban for life by The Jitsu Foundation

Likelihood		
Rating		Meaning
1	Improbable	So unlikely as to be nearly impossible - no events in living memory
2	Remote	Unlikely in most circumstances but has happened
3	Occassional	Could occur sometime and has been known to occur
4	Probable	Is likely to happen to someone in the organisation this year
5	Frequent	Will definitely happen to someone in the organisation or has happened recently

Risk	
	Definition
High Risk	Control Measures must be developed in this area to continue.
As Low As is Reasonably Practicable (ALARP)	The control measures and method statements that are currently in place are suitable and sufficient in the this area. However, every effort should be made to ensure that all control measures remain in place.
Low Risk	No further assessment of this is necessary, unless something happens to change either the likelihood or severity

Risk Matrix

	Likelihood				
Severity	1	2	3	4	5
1			Low Risk - C		
2			ALARP - B		
3					
4			High Risk - A		
5					

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
1	Injury	Death or very serious Injury to one person	Students (injury)	4	4	16	Instructors taught, via Assistant Instructor and Club Instructor coaching qualifications, and agree to, by agreeing to abide by the safe practice policy, to have a structured warm-up and progression over time.	2	3	6	ALARP
		Serious Injury	Instructors (injury)	2	3	6	Instructors and Club Committee agree, by agreeing to abide by the safe practice policy: • to cancel sessions if there is not a suitable first aid kit available at the site where training is taking place • to cancel session if there is not access to a telephone at the site where training is taking place • to be aware of, and follow, any emergency procedures that are in place at the venue where training is taking place • that, as with other throwing martial arts and sports involving repeative falling, when practicing throwing and in general breakfalling practice to use mats to reduce the risk of injury from falling. Experienced students will very occasionally practice controlled throwing and breakfalling without mats. • Qualified instructors advise, supervise and caution students in appropriate technique • techniques, intensity of training is appropriate to experience and skill of participants and training weapons are blunt edged • to advise instructors and students of their responsibility to wear appropriate kit and equipment and Instructors to check this requirement is complied with	2	2	4	Low
		Supspension by TJJF	Instructors (reputation)	3	4	12		1	2	2	Low

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
			Students (injury) (cont)	4	4	16	Provide instructors and students with an overview of how they should present and conduct themselves, unacceptable practices and their general responsibilities via the individual responsibility document and have all members agree to comply with this requirement by incuding this statement on The Jiu Jitsu Foundation licence application form.	2	3	6	ALARP
		Serious Injury(cont)	Instructors (injury) (cont)	2	3	6	Instructors advised to ensure they are familiar with the access routes for the emergency sevices.	2	2	4	Low
		Supspension by TJJF(cont)	Instructors (reputation) (cont)	3	4	12	Instructors required to and agree to, by agreeing to abide by the safe practice policy: • complete an incident form to report all injuries requiring medical attention to The Jiu Jitsu Foundation • mop up blood and other body fluid spills using disposable cloths and disinfect the affected areas with a mild bleaching solution. Dispose of the cloths as contaminated waste. Use disposable gloves.	1	2	2	Low
							Instructors advised to and agree to, by agreeing to abide by the safe practice policy, to contact the premises manager of the site at which they are working when medical attention is required				

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
2	Injury caused by moving equipment	Serious Injury	Students	2	3	6	Instructors and club committees advised and agree to, by agreeing to abide by the safe practice Policy, to adhere to best practice for manual handling when setting out or stowing mats and equipment, in line with the venue's requirements. Where one person is unable to carry a mat, the mat should be carried by two or more people.	1	3	3	Low
		RIDDOR 3 day injury	Instructors	2	2	4		1	2	2	Low
		Formal warning by TJJF	Instructors (reputation)	3	2	6		1	2	2	Low
3	Injury due to inappropriate facilities	Serious Injury	Students(physical or mental harm)	3	3	9	Instructors and club committees advised of the need for and by agreeing to abide by the safe practice Policy agree: • to report any instances of concern with regards to the safe access to and egress from building and facilities they become aware of. • to report any instances of concern with safety in the changing rooms where training is taking place they become aware of. • to report any instances of concern with the levels of lighting, ventilation and heating and take corrective action in order to reduce the effect these environmental factors have on the likelihood of injury either by making suitable the environment, reducing training intensity or cancelling training if this is not possible. • to train only where the floor is in good condition and free of debris. • to train only where there are no inadequately protected protrusions from walls such as radiators, pipes or buttress. • to train only where the ceiling is of sufficient height to ensure adequate clearance. • that training will not take place up to the walls unless they have suitable padding or controlled techniques are being taught making use of the surrounding environment for self defence purposes.. A safety zone should be identified but must not extend to the walls unless padded.	1	3	3	Low
		Disciplinary hearing with TJJF	Instructors (reputation)	3	3	9		1	2	2	Low

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
4	Injury to student participating at an unsuitable level	Serious Injury	Students(physical or mental harm)	4	3	12	Students and parents/guardians are: • informed that risk is inherent in all sports and sign a membership application form acknowledging this. • required to complete a Physical Activity Readiness Questionaire and are required to confirm they have not been advised against full contact sports or intense activity by a health care professional where they disclose a current condtion which affects their ability to exercise in order to check they are suitably fit before participating in Jitsu at their level of involvement	1	3	3	Low
		Suspension by TJJF	Instructors (reputation)	4	4	16	Instructors are required to and agree, by agreeing to abide by the safe practice policy, to ensure: • they match the level of activity to the skill and physical size of the students involved • that students are mentally and physically prepared for the intended activitiy. Specialist assistance should be provided for those who may need additional coaching / help. Instructors advised to contact The Jiu Jitsu Foundation if planning to work with disabled students, so that The Jiu Jitsu Foundation can as far as is reasonably practiable ensure appropriate resources, procedures and specialist assistance are available for any disabled participants identified as requiring additional help.	1	4	4	Low

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
4	Injury to student participating at an unsuitable level (cont)	Serious Injury(cont)	Students(physical or mental harm)(cont)	4	3	12	Instructors and Club Committees are made aware, by completition of the Physical Activity Readiness Questionaire on the Jiu Jitsu Foundation licence application form, of any medical conditions their students may have and to agree any reasonable adjustments required. Instructors are advised to ensure all club committee and assisting instructors are aware of any medical conditions.	1	3	3	Low
							Instructors have safeguarding training, are advised and agree to, by agreeing to abide by the safeguarding children policy, that the younger the age of students, the higher the ratio of superivising adults to students should be.				
		Suspension by TJJF(cont)	Instructors (reputation)(cont)	4	4	16	Instructors and Club Committee agree, by agreeing to abide by the safe practice policy, to: • cancel sessions if there is not access to a telephone at the site where training is taking place • follow accident reporting procedures	1	4	4	Low
							All incidents requiring treatment by a medical professional are report to The Jiu Jitsu Foundation, Employer liability, member to member liability insurers.				
							All incidents requiring treatment by a medical professional are investigated and a report produced to enable trend analysis to be carried out				

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
5	Accusation of unprofessional activities and poor advice	Death or very serious Injury to one person	Students(physical or mental harm)	3	4	12	All Instructors of Junior Clubs and Junior Club Assistants are DBS checked.	2	3	6	ALARP

		TJJF Ban for life	Instructors (reputation)	3	5	15	Instructors and Junior Club Assistants are advised and agree, by agreeing to abide by the child and adult safeguarding policies:
							• to keep physical contact to an essential minimum to assist the development of a skill or required posture
							• to ensure Adult to Junior Supervision ratio of at least:
							  • Age 4 to 8 - 1 adult to 6 participants
							  • Age 9 to 12 - 1 adult to 8 participants
							  • Age 13 to 18 - 1 adult to 10 participants
							• when working with juniors they should never place themselves in a situation where an accusation could be made and independent witnesses could not help you refute them
							• that when parents do not turn up to collect children they should:
							  • get at least one other adult to stay with them, preferably another mandated instructor, TJJF DBS Checked club member of the club or parent until all children have been collected
							  • stay in a public place that is well lit, preferably indoors
							  • arrange a suitable collection and meeting place in advance
							  • have a list of TJJF DBS Checked club members' and parents' telephone numbers to hand.
								2	2	4	Low

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level

5	Accusation of unprofessional activities and poor advice (Cont)	Death or very serious Injury to one person(cont)	Students(physical or mental harm)(cont)	3	4	12	• notfiy parents by phone and a follow-up letter that it is irresponsible for them to abandon their children.
							• that a system of nominating authorised collectors should be arranged.
							• that children should not be released to anyone other than an authorised collector.
							• that children under 12 should not be allowed to leave training sessions by themselves without receiving written permission from their parent/guardian.
							• that children should:
							  • only be transported where they have written agreement of the child's/children's parents/guardians
							  • where possible another independent adult should also be present.
							  • junior students should sit in the rear of the vehicle with their seatbelt fastened
							• to be aware of the possibility of students becoming infatuated with them, mistaking their attention for a sign of fondness or affection.
								2	3	6	ALARP

		TJJF Ban for life(cont)	Instructors (reputation)(cont)	3	5	15		2	2	4	Low
							All Instructors have to provide evidence that they have suitable professional indemnity insurance before they are mandated				
							The Jiu Jitsu Foundation has employers' liability insurance				
							All participants are advised and agree, by confirming they will abide by the individual responsibility document, that they must hold or have applied for within two weeks of starting, membership of the Jiu Jitsu Foundation.				

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
5	Accusation of unprofessional activities and poor advice (Cont)	Death or very serious Injury to one person(cont)	Students(physical or mental harm)(cont)	3	4	12	All Instructors are required to agree, by confirming they will abide by the safe practice Policy and Instructor's code of conduct, that they will not allow anyone to train, without within two weeks of starting, that participant having applied for membership of the Jiu Jitsu Foundation, in order for a club instructor to receive a mandate to teach.	2	3	6	ALARP
							All Instructors and volunteers agree to follow written procedures of The Jiu Jitsu Foundation				
		TJJF Ban for life(cont)	Instructors (reputation)(cont)	3	5	15	Instructors and Junior Club Assistants are advised that where possible they should have a witness to their actions	2	2	4	Low
							Instructors are required and agree to arrange training in facilities only where they are not likely to be left alone with a student of group of junior students.				
							Instructors and club committees publish training session times on TJJF Jiu Jitsu Foundation and advised to stick to them.				
							Instructors and club committees advised to run training sessions for a set amount of time so that parents are trained to collect their children on time.				
							Instructors and Club Committees advised to encourage parents to arrive early or participate in coaching sessions (subject to DBS Checks with TJJF if they will be participating as Junior Club Assistants)				
							Instructors are required to identify all Junior club Assistants. This enables Junior Club Assistants to be DBS Checked and confirms they have read and will abide by the safeguarding children Policy.				
							Instructors are advised that Junior Club Assistants should be closely monitored.				

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
5	Accusation of unprofessional activities and poor advice (Cont)	Death or very serious Injury to one person(cont)	Students(physical or mental harm)(cont)	3	4	12	Instructors are required to only teach if they have a current mandate to teach from The Jiu Jitsu Foundation. Instructors, regional senior grades and club committees are required to only allow instructors on the mandated instructor list to be responsible for training sessions.	2	3	6	ALARP
		TJJF Ban for life(cont)	Instructors (reputation)(cont)	3	5	15	Instructors and Assisting Instructors are advised and agree, by agreeing to abide by the safe practice Policy, that they should only teach up to their level of competence.	2	2	4	Low
							The Jiu Jitsu Foundation maintains standards by reviewing policies annually.				
							The Jiu Jitsu Foundation maintains standards by a multi layered mentoring system which facilitates mentoring by progressively more experienced Instructors of Instructors on a level of experience below them.				
							The Jiu Jitsu Foundation maintains technical standards by having regular technical training sessions for instructors and developing instructors with the most senior instructors in an area				
							The Jiu Jitsu Foundation maintains technical and Instructor standards by assessing the progress of instructor's students at grading events 3 or 4 times a year				
							Instructors advised that First Aid should be adminstered in the presence of witnesses while maintaining the privacy and dignity of the casualty as far as possible.				

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
5	Accusation of unprofessional activities and poor advice (Cont)	Death or very serious Injury to one person(cont)	Students(physical or mental harm)(cont)	3	4	12	Instructors and Club Committee agree, by agreeing to abide by the safe practice policy, to: • cancel sessions if there is not access to a telephone at the site where training is taking place	2	3	6	ALARP
		TJJF Ban for life(cont)	Instructors (reputation)(cont)	3	5	15	• follow accident reporting procedures • unavailable another mandated instructor of the Jiu Jitsu Foundation covers the session. If this is not possible Instructors should notify the Club Committee promptly if the main club instructor is unavailable and another mandated instructor cannot cover the session. The Club Committee must then ensure that someone else (a senior grade or committee member) attends the site to manage student safety, and that students are advised by telephone or messaging that the session has been cancelled.	2	2	4	Low
							• ensure the maximum instructor/assistant instructor to student ratio is not exceeded. 1:60 for adult students and 1:20 (unless a higher ratio agreed due to risk assessed factors) where a junior is present.				
							All incidents requiring treatment by a medical professional are reported to The Jiu Jitsu Foundation, Employer liability, member to member and Instructors' professional indemnity insurers.				
							All incidents requiring treatment by a medical professional are investigated and a report produced to enable trend analysis to be carried out				
							There is a culture of respect and champion the rights, dignity and worth of every person and treating everyone equally within the context of Jiu Jitsu, including adhering to and promoting the social media policy and this is promoted and reinforced by codes of practice, safeguarding, EDI and disciplinary policies				

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
6	Injury to instructor	Serious injury	Instructors (physical harm)	1	3	3	Instructors are empowered to exclude any group or individual for misbehaviour. Instructors advised to not work alone which means they should have adequate support if students misbehave or are likely to be a problem. Extensive support network also available via mentoring system and also easily able to directly contact The Jiu Jitsu Foundation. Instructors choose where they teach so not required to teach in locations that pose an exceptionally high risk of physical assault.	1	1	1	Low
7	Failure or absence of equipment or use unsafe facilities	Death or very serious Injury to one person	Students(physical or mental harm)	2	4	8	Instructors and club committees advised and agree, by agreeing to abide by the safe practice Policy: • that all training mats, weapons and equipment, whether owned by the club, venue or individuals, are inspected before use. • that defective mats, weapons and equipment should be removed or reported and then either repaired or disposed of. • to ensure mats are stowed such that stacks of mats are stable and in accordance with the requirements of the premises manager.	2	2	4	Low
		TJJF Ban for life	Instructors (reputation)	3	5	15		1	1	1	Low

Ref	Hazards	Consequences	Who is at Risk?	P	S	=R	Controls	P	S	=R	Action Level
7	Failure or absence of equipment or use unsafe facilities (Cont)	Death or very serious Injury to one person(cont)	Students(physical or mental harm)(cont)	2	4	8	• that where activities require the use of mats, as a rough rule of thumb two people per four square metres of mat should be followed and that where there are insufficient mats available the class should be split. A section of the class may be required to remain seated and observe. The class is then rotated. Alternatively use should be made of the non matted area of the Dojo utilising non break falling techniques. • that care must be taken to ensure that mats are butted closely with no gaps and set out so that they do not readily slide apart.	2	2	4	Low
		TJJF Ban for life(cont)	Instructors (reputation)(cont)	3	5	15	• to ensure mats have been set out correctly and are in a sound condition. • to keep the matted area free of gaps and the entire training area clear of training equipment throughout the training session as far as is reasonably practicable.	1	1	1	Low
8	Transport accidents of incidents	Death or very serious injury to more than one person	Students(physical or mental harm)	2	5	10	No vehicle should be overloaded with passengers - there should be no more passengers than usable seatbelts.	1	5	5	ALARP
		TJJF Ban for life	Instructors (reputation)	1	5	5	All passengers should wear a seatbelt	1	1	1	Low