



PRO KUMITE RISK ASSESSMENT

NOTE:

All aspects will be carried out in accordance with Pro Kumite Protocol, HSE statement, Rules and venue compliance procedures. The Rules form an important part of the risk assessment. To this effect a safety compliance officer will be appointed for each venue having familiarised him/herself with the appropriate legislation regarding said papers. The nominated officer will be versed in such matters prior to being nominated and will liaise with all parties by way of inception.

PREMISES:

All premises (Venues) will have their own HSE statement and risk assessment. The writer of the policies will be aware of the risks and appropriate methods and therefore Pro Kumite and or their representatives will adopt and comply with venue policies and ensure the nominated officer is aware of such policies and requirements.

All personnel associated with the event will attend an inception prior to commencement to make all aware of all protocol that is relevant to the safe and efficient running of the event and to introduce the officer responsible for compliance. Any person or persons that do not comply will be liable to removal from the premises in the interest of safety to others.

RISK:

It has been stated by The British Medical Journal (BMJ) in a published report of some 1270 fight exposures in the period March 2002 to September 2007 that “ Injury rates in regulated professional MMA competition are similar to other combat sports, the overall risk of critical sports related injury appears low”. The emphasis must therefore on the word regulated. At all times control and supervision in accordance with policies must be adhered to in order to maintain this fact.

RISK ASSESSMENT:

RISK:

Blood related issues generally.

CONTROL METHODS:

All cuts must be cleaned promptly and all traces of blood cleaned from mats and other areas using the appropriate equipment. This equipment must be readily available at all times during the event duration.

All attending applicable staff, coaches, referees, first aiders shall wear rubber gloves of the appropriate type when there is a likelihood that blood may occur.

Before exit from the cage fighters must ensure that any bleeds do not allow blood to drip on the outside area. To this effect the trainer/coach will ensure this whilst complying with the necessary protocol such as plastic gloves. The Safety officer will instruct before hand accordingly.

RISK FACTOR: Low.



RISK:

Broken skin and cuts through excessive contact or jewellery.

CONTROL METHODS:

Ensure all jewellery, piercings etc. are removed. If this is not possible and the piece can not be secured by tape the opponent must be disqualified. This is a mandatory requirement.

Ensure fighters wear only acceptable clothing as stated by the rules. No Belts or Zippers.

RISK FACTOR: Low.

RISK:

Bruising to Arms, Legs and Torso.

CONTROL MEASURES:

Match all fighters in accordance with ability to avoid obvious miss match. Weight and purse categories are as listed in the Purse section of the web site.

RISK FACTOR: High.

RISK:

Cage abrasions and dangers. Entry and Exit from cage.

CONTROL MEASURES:

All parts of the cage will be padded and wrapped with Vinyl cloth. No fighter or person in or around the cage will climb or tamper with the cage. Failure to comply will result in removal of said fighter or person or persons from the establishment. Entry into the cage presents a very low risk. Exit from the cage, for a fighter that may be exhausted after the fight should be assisted from the cage. It will be the duty of his or her Trainer or coach to assist with this having been given direction by Pro Kumite safety officer beforehand.

RISK FACTOR: Low.

RISK:

Choking from submission holds.

CONTROL MEASURES;

All fighters will be aware of rules relating to Pro Kumite bouts. An experienced referee will be extra vigilant whenever a chokehold is exercised. The fighter has the right to tap the floor if he feels the



aspect. There can therefore only be a risk if the referee and the opponent fail to see this sign. Using an experienced Referee will ensure this does not happen.

RISK FACTOR: Low

RISK:

Concussion caused through excessive contact during bout or fall.

CONTROL MEASURES:

The floor will be 40mm 40 shore hardness matting to ensure a fall does not cause concussion. A proficient referee will control the fight so as to minimize any risk regarding this aspect and to control excessive head blows. All fighters would have received training through their various clubs/organisations and would in any event be suitably matched. Post and other contactable surfaces within the fight arena will be padded to avoid hard contact.

RISK FACTOR: Medium.

RISK:

Dizziness, Hypertension and Nausea.

CONTROL MEASURES:

These can occur during strenuous activities in less well-conditioned fighters and is generally alleviated by improved physical condition. Nausea can also result from excessive eating prior to a bout. All fighters should be briefed on this by their trainers.

RISK FACTOR: Low.

RISK:

Dehydration.

CONTROL MEASURES:

Large quantities of fluid can be lost from the body during strenuous activities particularly in hot weather. Ensure adequate but not excessive hydration before a bout and re-hydrate after.

RISK FACTOR: Medium.

RISK:

Equipment failure.



CONTROL MEASURES:

Ensure all equipment is checked prior and during use. All equipment must be installed by person or persons competent in that equipment and as prescribed by manufacturers. Where applicable the necessary license to install must be held.

RISK FACTOR: Low

RISK:

Facility related issues.

CONTROL MEASURES:

All facility related issues will be controlled and carried out by facility staff only. The facility will have its own risk assessment and method statement for dealing with all issues.

RISK FACTOR: Low.

RISK:

Fire procedures.

CONTROL MEASURES:

Apply venue procedures. Where necessary and in the case where the hirer may be responsible the appointed Pro Kumite safety officer will instruct staff of procedures. In any event all staff must be aware of fire stations.

RISK FACTOR: Low.

RISK:

Groin, Kidney blows.

CONTROL MEASURES:

A groin guard is compulsory. Entry into the ring is prohibited without one. Kicks or blows to the Kidney area are illegal.

RISK FACTOR: Low.

RISK:

HIV and Hepatitis.



CONTROL MEASURES:

Ensure all fighters and staff that may come into contact with blood have undergone a HIV and Hepatitis test and that the results are Negative for such tests. This must be recorded on the identity card with attached up to date photograph of the fighter in accordance with Pro Kumite fighter registration. No license or test result, no fight.

RISK FACTOR: Low provided all compliance is adhered to.

RISK:

Injury to head, neck or spine.

CONTROL MEASURES:

The referee is there to ensure compliance with Pro Kumite rules. These rules are to safeguard the well being of the fighter and ensure that illegal blows to restricted parts of the body are not allowed. Injuries of this nature are extremely rare and the small risk that does exist is reduced further by adherence to the rules.

RISK FACTOR: Low.

RISK:

Muscle fatigue, cramp, sore/stiff joints, pulled and strained muscles, ligaments and tendons etc.

CONTROL MEASURES:

It is important that all fighters warm up prior to a bout so as to stretch all muscles and joints used during the bout. This will reduce the chances of injury of the stated parts.

RISK FACTOR: Low.

RISK:

Medical care and attention.

CONTROL MEASURES:

For all fighters a coach with first aid training as laid down by the individual club/organisation must be in attendance. Further more during Professional bouts a ringside Doctor must be available at all times. Where applicable and in relationship with attendance a para medical team must be available. A check as to where the nearest hospital is located must be established and all parties involved in the medical assistance including coaches/trainers must be informed.

RISK FACTOR: Low



RISK:

Spectator related injury.

CONTROL MEASURES:

Apply venue risk assessment and procedures but in any event supervise at all times using marshals and or security operatives.

RISK FACTOR: Low.

RISK:

Loss or damage to teeth and or gums.

CONTROL MEASURES:

No fighter will take part in or participate in a bout unless he/she wears a suitable gum shield as stated in the rules. This is mandatory.

RISK FACTOR: Low.

RISK:

Unconsciousness caused by blow to head.

CONTROL MEASURES:

Strict referee supervision at all times to ensure control of multiple blow issues that may lead to concussion. A ringside doctor will be on call at all times. The referee, Doctor, Fighter and corner representatives can stop the fight at any time as stated in the rules.

RISK FACTOR: Medium.