

Risk Assessment – Glove & Crown Gym

- ****Location:**** Glove & Crown Gym, 2260 S Centinela Avenue, West Los Angeles
- ****Assessor Name:**** James Doyle
- ****Date of Assessment:**** _____
- ****Review Frequency:**** Every 3 months by James Doyle
- ****Activities Covered:**** Boxing Fitness, MMA, Brazilian Jiu-Jitsu (BJJ), Kickboxing / Muay Thai

Hazard	Who Might Be Harmed	Risk	Control Measures in Place	Further Action Needed	Risk Level (Low/Med/High)
Slips, trips, and falls	Members, Staff	Injuries from falls	Mats secured, floor kept dry, trip hazards removed	Regular checks before sessions	Low
Physical contact injuries	Participants	Sprains, cuts, bruises, concussion	Qualified coaches, proper warm-ups, protective gear, controlled sparring	Encourage reporting of injuries, update protocols	Medium
Improper equipment use	Members	Strains, impact injuries	Supervised use of bags, pads, gloves; induction for new members	Refresher training for staff	Low
Hygiene/infection (mat-borne, skin contact)	All	Skin infections, illness	Daily mat cleaning, footwear policy, hygiene signs, hand sanitizer	Remind members regularly	Medium
Overtraining/fatigue	Members	Exhaustion, injury	Programming includes rest, hydration	Encourage feedback from	Low

			reminders, coaches monitor effort levels	members	
Fire or evacuation	All	Burns, smoke inhalation	Fire exits marked, alarms tested, staff trained in evacuation	Schedule regular drills	Low
Medical emergency	Participant s	Serious injury, health events	First aid kits, staff first aid trained, emergency contact info collected	Keep training updated, AED on site if possible	Medium

Additional Notes:

- All staff are to be briefed on the risk assessment.
- Risk assessment to be reviewed every 3 months or after any major incident.
- Participant PAR-Q (Physical Activity Readiness Questionnaire) to be collected and reviewed before starting.