



Sparring & Head Contact Risk Assessment Template

Document Type: Template

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Activity Details

Field	Details
Club / Organisation	
Venue	
Activity Type	Sparring / Contact Drills / Competition Sparring / Head Contact Activity
Lead Instructor / Coach	
Assessor	
Date Completed	
Review Date	
Age Group	
Experience Level	Beginner / Intermediate / Advanced
Protective Equipment Required	Yes / No
First Aid Provision	

Activity Overview

This template is designed to help clubs, instructors, coaches, and organisers identify and manage risks associated with sparring activity, controlled contact drills, and activities involving potential head contact.

This assessment should be read alongside:

- TCUK Head Contact & Concussion Protocols,
- safeguarding guidance,
- safe practice guidance,
- and relevant event or club risk assessments.

The level of contact, supervision, and control measures should always be appropriate to:

- participant age,
- size,
- experience,
- medical considerations,
- and the nature of the activity.

Risk Assessment Table

Hazard / Risk	Risk Level Before Controls	Who May Be Affected	Control Measures	Risk Level After Controls	Further Action / Notes
Injury from contact during sparring	High	Participants	Sparring supervised by qualified instructor/coach. Contact level controlled appropriately. Safety rules explained before activity begins.	Medium	
Head contact / concussion	High	Participants	Follow TCUK Head Contact & Concussion Protocols. Immediate removal from activity if concussion suspected. No same-day return to participation.	Medium	
Mismatch of participants	High	Participants	Participants matched appropriately by age, size, experience, ability, and confidence level.	Medium	
Excessive force or uncontrolled behaviour	High	Participants	Unsafe behaviour addressed immediately. Instructor intervention where required. Controlled environment maintained.	Medium	
Inadequate supervision	High	Participants	Suitable supervision ratios maintained. Instructor remains actively engaged throughout activity.	Low	
Lack of protective equipment	High	Participants	Appropriate protective equipment required and checked before activity. Damaged equipment removed from use.	Medium	
Unsafe training surface or environment	Medium	Participants	Training area checked before activity. Adequate spacing maintained between groups.	Low	
Fatigue / overexertion	Medium	Participants	Rest breaks provided. Intensity monitored and adjusted appropriately. Hydration encouraged.	Low	
Medical emergency or serious injury	High	Participants	First aid provision available. Emergency procedures understood. Emergency services contacted where required.	Medium	
Safeguarding concern or inappropriate conduct	Medium	Children, adults at risk, participants	Safeguarding procedures followed. Concerns reported appropriately. Respectful	Low	

			conduct promoted throughout activity.		
Bullying, intimidation or unsafe sparring culture	Medium	Participants	Positive and respectful training culture promoted. Unsafe or intimidating behaviour challenged immediately.	Low	
Participants returning too early after injury or concussion	High	Participants	Return-to-play guidance followed. Instructor checks participant readiness where appropriate. Medical advice followed where applicable.	Medium	
Participants with medical or additional support needs	Medium	Participants	Relevant medical or welfare considerations reviewed where appropriate. Reasonable adjustments considered.	Low	

Protective Equipment Checklist

Equipment	Required	Checked
Head Guard	Yes / No	Yes / No
Gum Shield	Yes / No	Yes / No
Hand Protection	Yes / No	Yes / No
Foot Protection	Yes / No	Yes / No
Groin Guard	Yes / No	Yes / No
Shin Protection	Yes / No	Yes / No
Chest Protection	Yes / No	Yes / No
Other		

Concussion & Head Injury Controls

The instructor / organiser should ensure:

- participants understand concussion reporting expectations;
- suspected concussion is treated seriously;
- no participant returns to activity on the same day following suspected concussion;
- parents/carers are informed where appropriate;
- incidents are recorded appropriately;
- medical advice is followed where required.

Safeguarding & Welfare Considerations

Area	Confirmed
Safeguarding reporting routes available	Yes / No
Appropriate supervision in place	Yes / No
Emergency contact information available where appropriate	Yes / No
First aid provision confirmed	Yes / No
Codes of Conduct communicated	Yes / No
Welfare concerns escalated appropriately	Yes / No

Additional Activity-Specific Risks

Additional Risk Control Measures Further Action

General Notes

The instructor / organiser should ensure:

- sparring activities remain controlled and appropriate;
- participant welfare remains the priority;
- safeguarding and safe practice guidance are followed;
- injuries and incidents are recorded where appropriate;
- activities are stopped immediately where unsafe conditions arise.

Sign-Off

Name	Role	Signature	Date
	Instructor / Assessor		

Review

This risk assessment should be reviewed:

- annually;
- following injury or safeguarding incidents;
- when activity type changes;
- when participant groups change significantly;
- or where additional risks are identified.