

Mixed Martial Arts (MMA)

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Mixed Martial Arts:

- Poor physical condition.
- Not wearing protective equipment during sparring.
- Overestimating own skill level / Training with inexperienced individuals
- Heat Injury / Exhaustion / Cutting weight for a fight.
- Physical Traumas / Injuries (Skeletal/Muscular)
- Concussions / TBI

Step 2: ASSESS THE RISK:

HAZARD	Initial Severity	Initial Probability	Initial Risk
Head Trauma / Knock Outs	Catastrophic I	Likely	Extremely High
Training Partner Overly Aggressive	Critical II	Frequent	Extremely High
Joint Sprains/Tears	Critical II	Likely	High
Blunt Force Trauma	Critical II	Occasional	High
Performing Technique Incorrectly	Critical II	Likely	High
Lacerations	Critical II	Likely	High
Dental/Tooth Contact	Critical II	Occasional	High
Heat Injury	Moderate III	Occasional	Moderate
Exhaustion	Moderate III	Likely	Moderate

Step 3: MAKE RISK DECISIONS: Decide on some controls that can be employed to reduce or mitigate the hazards:

MMA Training Rules

1. **Spar for Longevity** – Wear the appropriate PPE required for the specific MMA training session. When sparring, wear proper mouthpiece, hand and headgear. Take the necessary breaks required and hydrate.

2. **Performing Technique** – ensure the training facility has qualified staff to properly teach and critique on points of performance when working/learning new techniques. When learning a new technique, ensure that you are doing the procedure slow and methodical. This increases your chances of learning the technique appropriately and could prevent injury to yourself or your training partner.

3. **Minimizing Lacerations** – wear proper headgear, mouthpiece, gloves, elbow pads, chest protector, and knee pads when required. This may reduce the possibility of having to see a medical physician to treat lacerations.

4. **Listen to your body** – If you have prior injuries, ensure that you allow yourself ample time to heal from those injuries. If an injury occurs during training, stop and seek appropriate medical attention. Ensure that you avoid over-training to prevent over-exertion; in the event that you become over-exerted, stop, recover and hydrate prior to commencing training or end training session. Avoid pushing beyond your pain-tolerance.

5. **Stay Hydrated** – Dehydration may occur when training in MMA. Drink plenty of water prior to, during and after training sessions to replace the fluids you lose. Remaining hydrated will help prevent a heat casualty.

6. Don't be afraid to take a day off – If feeling under the weather physically, starting to get sick, or just run down from work, take a day off and allow your body to recover.

MMA is a great tool to reduce stress and at the same time improve your physical conditioning and self-confidence. With selected controls in place, decide if the benefit outweighs the risk. You need to either accept the risk, avoid the risk, reduce the risk, or spread the risk. Make the smart decision.

Step 4: IMPLEMENT CONTROLS: Once you select appropriate controls, implement them! A plan is only good if it is followed.

Step 5: SUPERVISE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control.

Member

Printed Rank/Rate/Name

Member Signature

Date