



## Risk Assessment

<b>ENVIRONMENTAL HAZARDS</b>			
Significant Hazards	People at risk	Controls / precautions	Review
1. Slips and trips	Students, instructors, members of the public, sports centre staff etc	Ensure floor is in good condition and free of obstacles. Significant wet patches should be dried. Segregate if necessary.	Visual check by instructor before start of training session
2. Fire	As above, especially new students and visitors	Provision of means of fire escape. Persons in dojo to be aware of evacuation procedure	As above
3. Electric shock	Students, instructors, members of the public, sports centre staff etc	All electrical equipment to be properly maintained and if not isolated unplugged and removed	As above (if electrical equipment is not owned by the instructor then he should report the matter to the owner / keeper and check it has been made safe)
4. Lighting / visibility	As above	To be adequate for the purposes of safe training, entry to and exit from, the dojo	Instructor before start of training session
5. Cuts / punctures from sharp objects	As above	Ensure floor is in good condition and clear of obvious debris i.e. that which can be easily seen	As above
6. Impact from unstable objects that may fall	As above	Ensure objects e.g. stacked chairs etc are removed / segregated from training area and spectators / public	As above
<b>PHYSICAL INJURIES/ HEALTH RISKS DURING TRAINING FROM CONTACT</b>			



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Significant Hazards	People at risk	Controls / precautions	Review
1. Broken bones	Students, instructor and members of the public	Experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent existing injuries being made worse	Annually by Instructor and Welfare Committee.
2. Loss of teeth	As above	As above	As above
3. Dislocation of joints	As above	As above	As above
4. Concussion	As above	As above	As above
5. Strains and sprains	As above	Thorough warm up before training	As above
6. Cuts / broken skin	As above	Training / experience and discipline of students. Careful supervision by club instructor. Keep nails short. Remove items of jewellery	As above
7. Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness	As above	Existing health problems e.g. Asthma should be made known to club instructor before training. Rest, take medication e.g. inhaler. If necessary arrange to go to hospital	By instructor as necessary and before individual trains again
<b>PHYSICAL INJURIES/ HEALTH RISKS DURING TRAINING FROM NON-CONTACT</b>			
Significant Hazards	People at risk	Controls / precautions	Review



## Risk Assessment

1. Broken bones	Students and instructor	Training / experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent injuries being made worse	Annually by Instructor and Welfare Committee.
2. Dislocation of joints	As above	As above	As above
3. Strains and sprains	As above	Thorough warm up before training	As above
4. Cuts / broken skin	As above	Training / experience and discipline of students. Careful supervision by instructor. Environmental factors most likely to cause this.	As above
5. Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness	As above	Existing health problems e.g. Asthma should be made known to club instructor before training, rest, take medication e.g. inhaler. If necessary, arrange to go to hospital	By instructor as necessary and before individual trains again