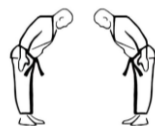


# SONCHŌ KARATE CLUB

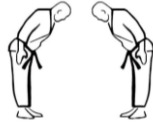
## RISK ASSESSMENT

Note: The term 'student' is used to refer to all participants, members of the public & spectators throughout this document. The instructor's signature must be present on page 3 to be acceptable.

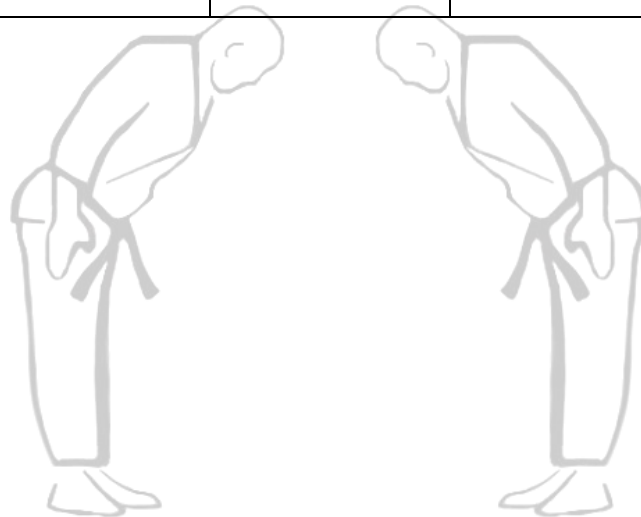
WHAT ARE THE HAZARDS?	WHO MIGHT BE HARMED & HOW?	WHAT MEASURES ARE ALREADY IN PLACE?	WHAT FURTHER MEASURES ARE TO BE INTRODUCED & WHEN	RISKS TO PARTICIPANTS
Slips & Trips	Students & All Visitors When Using, Entering Or Leaving Premises	Room is well lit and left in tidy state by other occupants, checked by centre	Immediately - check floor in room & within hall way for trip hazards, spills & clutter. Any found to be reported to centre staff immediately.	Low
Sprains & Strains	Students & Visitors	Thorough warm up of both cardiovascular system & stretches to ensure all participants are ready for motion & exercise	Immediately & Always - All instruction supervised and properly demonstrated, performed at reduced speed & power to begin	Medium
Lifting Injury	Students & Instructors When Lifting, Moving, Stacking up tables/chairs that need moving to the side before/after training	Only participants confident to move the tables/chairs to do so, tables only to be lifted by an adult confident to move by themselves.	As and when required, introduce up to 3 to lift tables and if no person is confident instructor to do so independently	High
Contact Injury	Students - caused by contact through drills, techniques, simulations or practice	Absolutely no contact until students are insured & licensed. No contact without prior consent from all parties.	Immediately - No full contact, ever! Careful demonstrations and safe build up to any more vigorous, contact based training. PPE to be worn by all parties & fully supervised by the instructor.	Low
Dehydration	Students & Instructors	Regular water breaks & moderation to lesson intensity	As & When - Ensure room is well ventilated and appropriate clothing is worn. Reinforce students performing at own, comfortable tempo	Low
Fire	Students, Instructors & Visitors	Building compliant with fire checks, extinguishers fitted & emergency lighting	Always - Assess exit routes to ensure no blockages and ensure all visitors & students know procedure in case of fire	Low



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Asphyxiation	Students	No high intensity or full contact training permitted - without exception! All semi-contact fully supervised on 1 at a time basis.	Always - Ensure full supervision and ensure all students know 'tap out' procedure if uncomfortable. No chokes to be utilised during semi-contact.	Low
Bruising to forearms, hands & other limbs caused by blocking, breakfalls or contact	Students	Coach at acceptable levels of contact, as agreed in advance. Students to be briefed on assumption of risk	Further conditioning to be carried out when comfortable. Enforcement of student's right to stop at any point.	High
Concussion caused through excessive contact with partners or as a result of a fall during sparring or pair work	Students	Careful supervision of partner training/sparring in addition to careful coaching at acceptable levels of contact.	Always - Protection equipment including gumshield to be worn whenever semi contact sparring is permitted. Sweeps must be fully supervised by the instructor and these should never be performed to utilise fall, only as an initiation.	Medium
Injury caused through damaged protective equipment or training aids	Students & Instructors	All equipment to be inspected before every class by instructor and damaged kit to be removed from use	Always - Any equipment available on site to be checked to be fit for purpose before use	Low
Seizure through contraindications or over exertion	Students	Instructors are to advise novices of physical exertion levels that will be encountered and so provide reasonable recovery periods during training, particularly after demanding elements of training	Always - Instructors to be vigilant of dehydration (see page 1) and to ensure plenty of opportunity for rest, re-enforcing students to stop when they feel pain or are exhausted	Low
Dizziness, hyperventilation and nausea - Caused by students not conditioned, or failure to prepare (I.e: low blood sugar etc)	Students	Students to be made aware of risks prior to warm up, instructors to remain vigilant to student actions & state throughout lesson	Always - students reminded to rest and sit out if feeling unwell or under strain	Low
Complication Of Pre-existing Medical Condition Or Injury	Students	All students - including new comers - to fill out medical declaration and advise of medical conditions or injuries prior to class start	Always - instructor to communicate with students and individuals with regards to ability to perform tasks confidently in light of injuries or conditions	Low
Insufficient Supervision	Students	All classes must be conducted by fully qualified, insured and capable staff	Always - instructors must be registered with the association and be present throughout	Low



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Muscle fatigue, cramp, sore/stiff joints, pulled and strained muscles, ligaments, and tendons, etc.	Students	Full and thorough warm up of all joints & body areas as required for sessions prior to drills, training or contact	Always - instructors to check for injuries before commencing class and to remind students to act within comfort levels	Low
Other injuries, to include breaks, teeth loss, unconsciousness, dislocations, blisters & others	Students	Fully supervised and structured class from preplanned training schedule and lesson plans	Always - use PPE whenever possible, allow students to progress at steady pace and always ensure clear and well received demonstrations	Low



I, \_\_\_\_\_, the named instructor, agree that this risk assessment is fitting to all requirements of our club and will be sufficient for our needs. I have carefully checked all particulars to ensure it is appropriate for use and will perform it's function at club level.

SIGNED:

DATE: