

OTLEY KARATE CENTRE

Club Specific Risk Assessment

The following is the current risk assessment for Otley Karate Centre.

Should you identify any further hazards that you feel are not properly represented below, please contact the clubs Chief Instructor – John Walker.

The following is considered to be compulsory and should be considered in conjunction with the action points on this risk assessment.

- A proper warm up will be carried out at the start of every lesson
- Student numbers will be controlled by the Instructor at all times
- All students are given a copy of the dojo rules
- Any person feeling unwell or with any other medical condition / injury must contact the Instructor BEFORE starting the session, or immediately should the condition develop during the lesson

HAZARD OR DANGER	WHO IS AT RISK?	CONTROL MEASURES IN PLACE	RISK FACTOR	REVIEW OF MEASURES & FURTHER OBSERVATIONS
FIRE	Students, Instructors & Visitors	Provision of means of fire escape. Persons in dojo to be aware of evacuation procedure. Visual check by instructor before start of each session.	Low	Always assess exit routes to ensure no blockages and ensure all visitors and students know procedure in case of fire.
SLIPS & TRIPS	Students and all visitors when using, entering or leaving dojo	Room is well lit & left in tidy state. Checked by instructors before each lesson.	Low	Check floors & hallway for trip hazards, spills & clutter. Any found to be reported to an instructor immediately.
SPRAINS & STRAINS	Students & visitors	Thorough warm up of both cardiovascular system & stretches to ensure all participants are ready for motion & exercise	Medium	All instruction supervised and properly demonstrated, performed with reduced speed & power to begin



Last Reviewed: 30 Sep 2024

CONTACT INJURY	Students	Absolutely no contact until students are insured and licensed no contact without prior consent from all parties. Always controlled & touch contact only	Low	No full contact. Demonstrations and safe build up to any more vigorous, contact base training. PPE to be worn
DEHYDRATION	Students & Instructors	All to hydrate well before class. Water breaks and moderation to lesson intensity in relation to season.	Low	Ensure room is well ventilated and appropriate clothing is worn. Reinforced students performing at own comfortable tempo.
BRUISING	Students	Coach at acceptable levels of contact, as agreed in advance. Students to be briefed on assumption of risk.	High	Further conditioning to be carried out when comfortable. Enforcement of students right to stop at any point
CONCUSSION	Students	Careful supervision of part of the training/sparring in addition to care for coaching at acceptable levels	Low	Protection equipment including head guard and gum shield to be worn when required.
INJURY WITH DAMAGED EQUIPMENT	Students & Instructors	Dojo equipment to be inspected before every class by Instructor and damaged kit to be removed from the dojo.	Low	Dispose of any unsafe equipment.
DIZZINESS, HYPERVENTILATION & NAUSEA	Students & Instructors	Students to be made aware of risk prior to warm up instructed to remain vigilant to student actions and state throughout lesson	Low	Students reminded to rest and sit out if they feel unwell or under strain
COMPLICATION OF PRE-EXISTING MEDICAL CONDITION OR INJURY	Students	All students – including newcomers to fill out medical declaration and advise of medical conditions or injuries prior to class start.	Low	Instructors to communicate with students with regards to ability to perform tasks confidently in light of injuries or condition

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HEAD, NECK & SPINE INJURY	Students	All training must be fully supervised by an Instructor	Low	Instructors to supervise all contact and only permit throws and sweeps by experienced insured members. No full contact at any point. PPE to be used as necessary
INSUFFICIENT SUPERVISION	Students	All classes must be conducted by fully qualified insured and capable staff	Low	Instructors & assistants must be qualified and be present throughout
MUSCLE FATIGUE, STRAINS, MUSCLE & LIGAMENTS STRAINS, ETC	Students	Fully supervised and structured class from preplanned training schedule	Low	Instructors to check for injuries before commencing class and to remind students to act within comfort levels
OTHER INJURIES	Students	Fully supervised and structured class from preplanned training schedule	Low	Always use PPE whenever possible, allow students to progress at a steady pace and always ensure clear and well received demonstrations
ELECTRIC SHOCK	All	All electrical equipment to be properly maintained. Isolated and unplugged if not in use	Low	Visual check by instructor. All un-needed electrical equipment removed from venue.
LIGHTING & VISIBILITY	All	To be adequate for the purpose of safe training.	Low	Visual check by instructor
CUTS / PUNCTURE WOUNDS	Students	All students to have clean short fingernails as stated in the Dojo rules. Hand mitts to be worn as required.	Low	Visual check by instructor. Remove all items of Jewellery



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