



Union Karate Do

Risk Assessment

The following is our current risk assessment for Union Karate Do at the particular venue; Kingsacre Community Primary School, EX33 1BQ. Should you identify any further hazards that you feel are not properly represented below, we would ask you to please contact Gary Blake / Chief Instructor. This document was last updated on the **10th October 2023**.

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 members are given a copy of the club rules and charter**
- **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 class**
- **Any other club rules or association guidelines will be properly observed throughout all classes and training sessions**

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HAZARD OR DANGER	WHO IS AT RISK?	CONTROL MEASURES IN PLACE	RISK FACTOR	REVIEW OF MEASURES & FURTHER OBSERVATIONS
Bruising to legs, arms or torso caused by break falling	Students	Coaching of proper techniques and timing, and use of break fall technique in controlled environment on crash mats	Medium/High	Further re-enforcement of students performing at a comfortable level
Bruising to forearms, hands & other limbs caused by blocking, break falls or contact	Students & Instructors	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 student's right to stop at any point.
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, ensure all kit bags, shoes, drink bottles etc. are kept in area away from practice.	Low	Immediately - check floor in room & within hall way for trip hazards, spills & clutter. Any found to be reported to centre staff immediately.
Sprains & Strains	Students & Visitors	Thorough warm up of both cardiovascular system & stretches to ensure all participants are ready for motion & exercise	Medium	Immediately & Always – All instruction supervised and properly demonstrated, performed at reduced speed & power to begin

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Lifting Injury	Students & Instructors When Lifting, Laying Out & Returning Crash Mats	Only participants confident to move mats to do so, always to be lifted in pairs & slid from stacking – not lifted	Low	As and when required, introduce up to 4 to lift mats and if no person is confident instructor to do so independently
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	Low	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 on a 'one simulation at a time' basis.
Dehydration	Students & Instructors	Regular water breaks & moderation to lesson intensity	Low	As & When - Ensure room is well ventilated and appropriate clothing is worn. Reinforce students performing at own, comfortable tempo

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Fire	Students, Instructors & Visitors	Building compliant with fire checks, extinguishers fitted & emergency lighting / exits marked	Low	Always - Assess exit routes to ensure no blockages and ensure all visitors & students know procedure in case of fire
Asphyxiation	Students	No high intensity or full contact training permitted -without exception! All semi-contact fully supervised on 1 at a time basis.	Low	Always - Ensure full supervision and ensure all students know 'tap out' procedure if uncomfortable. No chokes to be utilised during semi-contact
Concussion caused through excessive contact with partners or as a result of a fall during sparring or pair work.	Students & Instructors	Careful supervision of partner training/sparring in addition to careful coaching at acceptable levels of contact.	Low	Always – Protection equipment including gum shield to be worn whenever semi contact sparring is permitted
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	Low	Always - Any equipment available on site to be checked to be fit for purpose before use
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,	Low	Always - Instructors to be vigilant of dehydration and to ensure plenty of opportunity for rest, re-enforcing students

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		particularly after demanding elements of training		to stop when they feel pain or are exhausted
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	Low	Always - students reminded to rest and sit out if feeling unwell or under strain
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	Low	Always - instructor to communicate with students and individuals with regards to ability to perform tasks confidently in light of injuries or conditions
Injury to head, neck or spine caused by falling, being thrown, contact or other injury	Students & Instructors	All pair work involving throws and groundwork will be carried out on crash mats. Full supervision at all time from instructor	Low	Always - instruct to supervise all contact and only permit throws 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	Always - instructors must be registered with British Martial Arts & Boxing Association and be present throughout

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Muscle fatigue, cramp, sore/stiff joints, pulled and strained muscles, ligaments and tendons, etc.	Students & Instructors	Full and thorough warm up of all joints & body areas as required for sessions prior to drills, training or contact	Low	Always - instructors to check for injuries before commencing class and to remind students to act within comfort levels
Other injuries, to include breaks, teeth loss, unconsciousness, dislocations, blisters & others	Students & Instructors	Fully supervised and structured class from pre-planned training schedule and lesson plans	Low	Always - use PPE whenever possible, allow students to progress at steady pace and always ensure clear and well received demonstrations
Entering and leaving car park	Students, Instructors & Visitors	Adhere to signed footpaths	Low	Further re-enforcement to students of dangers of moving vehicles
School wildlife pond	Students, Instructors & Visitors	Instruct parents, students and visitors not to cross the boundary barrier when entering the dojo.	Low	Permission to leave the dojo given by a British Martial Arts & Boxing Association instructor when students ask to use the toilet facilities.
Stacked classroom chairs	Students, Instructors & Visitors	Ensure that all chairs are stacked in the designated storage area away from the training area	Low	Observe correct chair stacking system is adhered to. Do not over stack and must be kept within the designated area

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Board breaking	Students, Injury caused by contact through impact	Only participants confident, proficient and briefed on how to break the boards may do so	Medium	Juniors to attempt lowest grade boards only. Any students who appear to have sustained an injury to stop the practice immediately.
Outdoor training	Students, Instructors & Visitors	Footwear should be worn unless otherwise stated by an instructor. Awareness of wildlife & insects. Awareness on heat exhaustion, sun stroke & dehydration. Younger students leaving the grounds unauthorised.	Low	Only remove footwear when safe to do so or advised by an instructor. If vulnerable suitable medication or repellent should be available and instructor made aware. If required sun cream to be applied, regular water breaks and moderate level of training. Constant monitoring of student numbers, Awareness of student positions and observation of the closure of any security gates.

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I, Gary Blake 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: *Gary Blake*

DATE: 10th October 2023

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