



UKD Risk Assessment Tarka Leisure Centre

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07736936738

www.unionkaratedo.com

Risk Assessment

The following is our current risk assessment for Union Karate Do at the venue; **Tarka Leisure Centre, 7 Brethren Bank, Barnstaple, Devon, EX31 2AS**. Should you identify any further hazards that you feel are not properly represented below, we would ask you to please contact **Aaron Blake / Safeguarding Officer**. This document was last updated on the **20th January 2024**.

The following is 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 always controlled and monitored by the instructor.**
- **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 hallway 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
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





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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.	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, particularly after demanding elements of training	Low	Always - Instructors to be vigilant of dehydration and to ensure plenty of opportunity for rest, re-enforcing students to stop when they feel pain or are exhausted
Dizziness, hyperventilation, and nausea - Caused by	Students	Students to be made aware of risks prior to warm up, instructors to remain vigilant	Low	Always - students reminded to rest and sit out if feeling unwell or under strain





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students not conditioned, or failure to prepare (I.e: low blood sugar etc.)		to student actions & state throughout lesson		
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	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 times 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
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





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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
Objects surrounding the Hall	Students, Instructors & Visitors	Be aware of the surrounding areas whilst training and that all objects are pushed up to the surrounding walls as possible.	Low	Instructor to advise students to be aware of their space requirements to carry out any given exercises
Entering and leaving car park	Students, Instructors & Visitors	Adhere to signed footpaths	Low	Further re-enforcement to students of dangers of moving vehicles
Toilets	Students, Instructors & Visitors	Ensure there is only one student using the toilet at one time	Low	Instructor to make students and visitors aware that the toilet is to only be used by students and under no circumstances are they ever to be more than one person permitted into the Toilet.
Stacked 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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Curtain room dividers	Students, Instructors & Visitors	Instruct parents, students, and visitors to be made aware of the curtain room dividers when entering the dojo (hall).	Low	Instructor to make students aware that the curtain room dividers under no circumstances are they ever to be pulled or touched during any session.
Benches	Students, Instructors & Visitors	Ensure that all benches are stored in the designated storage area away from the training area	Low	Observe correct bench stacking system is adhered to. Do not over stack and must be kept within the designated area
Floor density	Students, Instructors & Visitors	No crash mats available. No throws allowed and only slow controlled takedowns	Low	Instructor to advise students to be aware of their space requirements to carry out any given exercises. Instructor to supervise any takedowns
Basketball hoops	Students, Instructors & Visitors	Instruct parents, students, and visitors to be made aware of the basketball hoops when entering the dojo (hall).	Low	Instructor to advise students to be aware of their space requirements to carry out any given exercises and to be aware of the basketball hoops and not to hang on them.
Windows	Students, Instructors & Visitors	Instruct parents, students, and visitors to be made aware of the windows and ensure no one sits on the window ledge.	Low	Instructor to make students aware that no pad work or kicking drills should be carried by the windows during any session.





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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.
Weapons (Knife, Ninja Stars, Tonfa, Bo Staff & Katana)	Students, Instructors & Visitors	Instruct parents, students, and visitors about safe distance whilst weapons are being trained with. Students will be given clear instructions on how to operate and use the weapons controlled and in safely manner.	Low	Constant monitoring of student's movement with the weapons and plenty of visual checks of space management by the instructor. There will be lots of observation on how techniques are being performed with the weapons and stern instructions on how to correct any mistakes 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,





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				awareness of student positions and observation of the closure of any security gates.
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I, **Aaron 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 its function at club level.

SIGNED: *Aaron Blake*

DATE: 20th January 2024

