



松濤館流空手協会国際

Shotokan Ryu Karate Kyokai Kokusai
Honbu Dojo

RISK ASSESSMENT

PRE- ASSESSMENT NOTES

- **SKKK approved rules only for activities carried out by the Sidcup Dojo**
- **All instructors must have DBS clearance for teaching children and must hold first aid certificate**
- **A thorough programme of warm-up exercises at the beginning of each session. (15 mins). This must be followed by unassisted stretching**
- **Numbers in the Dojo at anyone time must be controlled by the instructor**
- **All members must have read the club rules, code of conduct and risk assessment**
- **Any member with a medical condition or who is feeling unwell should alert the instructor prior to the start of the lesson**
- **All accidents and incidents are to be reported to the instructor who will provide first aid as necessary and complete the entry into the accident book**

HAZARD	CONTROLS IN PLACE	RISK FACTOR	FURTHER CONTROLS
Pad work: Practicing with punching and kicking techniques on an appropriate pad; potential injuries as outlined below	Correct use of pads and bags in the manner in which they are designed to be used	Low	Equipment is owned by the club, kept in good working order at all times
Light/medium contact sparring	Mandatory use of all appropriate safety equipment, gloves, head guard, gum shield, groin box, shin pads, foot pads, breast guards. This is provided by the member and upkeep is their responsibility. Members should be matched where possible with other members of similar experience and size in comparison to themselves.	Medium	Members will only be permitted to spar when they have reached an appropriate level of competence in the art. Sparring requires more room in the Dojo and should only be undertaken when such space is available.
Competition sparring	Mandatory used of approved rules and equipment	Medium	
Damage to or by fingers and toes	All nails to be kept short	Low	Unmated floor to be kept clean and safe.
Damage to toes and ankles	Warm up routine should include all body. Where mats are used these must be inspected for damage before training	Low	Continued...

Dislocations and fractures resulting from falls	All take downs to be assisted and on a mat area. Break falls to be taught where necessary	Low	Call ambulance where necessary
Injury to head, neck or spine or unconsciousness due to heavy blow to the head	Serious injury of this nature is very rare when training. Observation of good dojo etiquette reduces the risks further. All members must wear appropriate safety gear. Injuries must be reported immediately. All members to be aware of accident procedures	Low	Injured member to cease training immediately. First aid applied. The member given medical advice. Neck throws are not permitted in the Dojo
Muscle fatigue, cramp, sore/stiff joints, pulled muscles, ligaments and tendons	All members should participate in the warm up and stretching at the beginning of the lesson. Members arriving late must warm up.	Medium	Instructor should check there are no prior injuries before each session. Session to be stopped if instructor observes stress or distress.

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<p>Superficial injuries, cuts, bruises, nose bleeds, swelling etc</p>	<p>These are inevitable consequences of a combat art. All protective equipment must be well maintained and correctly used. The instructor has the right to ban any member who he/she finds is acting in a manner that is likely to cause injury to themselves or a fellow student or not exercising sufficient control. All members should moderate their behaviour in response to their partners experience</p>	<p>Medium</p>	<p>All cuts should be immediately cleaned and covered. With all but the most superficial cuts, the member should cease training for that session. This is particularly the case for nose bleeds which can re-occur readily after bleeding has stopped. Blood spillages should be cleaned up by the person who has bled, using the necessary equipment.</p>
<p>Dizziness, hyperventilation and nausea</p>	<p>Dizziness and hyperventilation can occur during strenuous exercise, this is generally alleviated by improved physical condition. All new members should be encouraged to take a rest if required and not to push themselves too far. The instructor must be particularly aware of this when new members join</p>	<p>Low</p>	<p></p>

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Dehydration	Large quantities of fluid can be lost during training especially in hot weather. Members should be encouraged to bring water to the session and drink it regularly during the session and to re-hydrate thoroughly after the session	Medium	
Contraction of infections diseases from other members of the Dojo	All cuts and injuries must be promptly cleaned, blood on the floor should be cleaned up immediately using the necessary materials	Low	Instructors all first aid trained and should wear protective gloves when dealing with bleeds
Collision with another person in the Dojo	Instructor must limit numbers by the activity and to the size of the Dojo. Spectators should not be near the training area	Low	
Standard of instruction, knowledge of safety and insurance	All instructors are to be licensed and insured by TL Risk Solutions. All individuals training are required to be members of the association and have personal licenses and insurance. All new members to be made aware of the general safety provisions within the Dojo	Low	A safety briefing should be carried out by the instructor at the start of each term, noting specific areas of safety, code of conduct etc.
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<p>Injuries sustained from Kobudo weapons practice</p>	<p>Mandatory use of foam/rubber weapons for under 16's and optional for adults. Limited numbers allowed in class to ensure no collisions when training with weapons. No live blades are used. When contact is necessary, only foam weapons are allowed. Safety procedures in place to enable students to stop training should they be sweaty or at risk of letting go of a weapon. All weapons are checked for safety prior to use, at the start of each lesson.</p>	<p>Low</p>	<p>Minimum age of 8 years old – set for all weapons training</p>
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Assessment carried out by: Kevin Thurlow 7th Dan (Chief Instructor) Signed: _____ Date: 02/01/2018

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CC: Club Instructors, Dojo Notice Board

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