



EAGLE KARATE CLUB RISK ASSESSMENT

IMPORTANT

This Risk Assessment should be read in conjunction with EAGLE KARATE CLUB specific Risk Assessments on COVID 19 (as appropriate) and in line with the current Government Guidelines <https://bit.ly/Govtguidelines>

ENVIRONMENTAL HAZARDS			
Significant Risks	People at Risk	Measures to reduce risk	Review
Slips and trips	Students, instructors, members of the public, sports centre staff etc	Ensure floor is in good condition and free of obstacles. Significant wet patches should be dried. Segregate if necessary. Visual check by Instructor before start of the session.	
Fire	As above, especially new students and visitors	Provision of means of fire escape. Persons in dojo to be aware of evacuation procedure Visual check by Instructor before start of the session.	
Electric shock	Students, instructors, members of the public, sports centre staff etc	All electrical equipment to be properly maintained and if not isolated unplugged and removed Visual check by Instructor (if electrical equipment is not owned by the instructor, then he should report the matter to the owner/keeper and check it has been made safe)	
Lighting / visibility	As above	To be adequate for the purposes of safe training, entry to and exit from, the dojo Visual check by Instructor	

Cuts/punctures from sharp objects	As above	Ensure floor is in good condition and clear of obvious debris i.e. that which can be easily seen Visual check by Instructor	
Impact from unstable objects that may fall	As above	Ensure objects e.g. stacked chairs etc are removed/ segregated from training area and spectators/public Visual check by Instructor	

PHYSICAL INJURIES/HEALTH RISKS DURING TRAINING FROM CONTACT			
Significant Risks	People at Risk	Measures to reduce risk	Review
Broken bones	Students, instructor and members of the public	Experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent existing injuries being made worse. To be reviewed annually by National Executive and Technical Committee	
Loss of teeth	As above	As above To be reviewed annually by National Executive and Technical Committee	
Dislocation of joints	As above	As above To be reviewed annually by National Executive and Technical Committee	
Concussion	As above	As above To be reviewed annually by National Executive and Technical Committee	
Strains and sprains	ALL	Thorough warm up before training To be reviewed annually by National Executive and Technical Committee	

Cuts/broken skin	As above	<p>Training / experience and discipline of students. Careful supervision by club instructor. Keep nails short. Remove items of jewellery.</p> <p>To be reviewed annually by National Executive and Technical Committee</p>	
Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness	As above	<p>Existing health problems e.g., Asthma should be made known to club instructor before training. Rest, take medication e.g., inhaler. If necessary, arrange to go to hospital.</p> <p>Review by club instructor as necessary and before individual trains again</p>	

PHYSICAL INJURIES/HEALTH RISKS DURING TRAINING FROM NON-CONTACT			
Significant Risks	People at Risk	Measures to reduce risk	Review
Broken bones	Students, instructor	<p>Training / experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent injuries being made worse</p> <p>To be reviewed annually by National Executive and Technical Committee</p>	
Dislocation of joints	As above	<p>As above</p> <p>To be reviewed annually by National Executive and Technical Committee</p>	
Strains and sprains	As above	<p>Thorough warm up before training</p> <p>To be reviewed annually by National Executive and Technical Committee</p>	

Cuts/broken skin	As above	<p>Training / experience and discipline of students. Careful supervision by club instructor. Environmental factors most likely to cause this.</p> <p>To be reviewed annually by National Executive and Technical Committee</p>	
Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness	As above	<p>Existing health problems e.g., Asthma should be made known to club instructor before training. Rest, take medication e.g., inhaler. If necessary, arrange to go to hospital.</p> <p>Review by club instructor as necessary and before individual trains again</p>	

PHYSICAL INJURIES/HEALTH RISKS DURING COMPETITIONS			
Significant Risks	People at Risk	Measures to reduce risk	Review
Fire and other emergencies requiring evacuation	Students, officials, venue staff and spectators	<p>Emergency exits to be clearly signed, unlocked and routes clear of obstructions</p> <p>Establish exits, routes, alarms etc with venue staff prior to competition. Venue staff to have overall control of evacuation</p>	
Slips and trips, cuts and punctures	As above	<p>Floors to be kept dry and clear of obstacles Competition areas and 1m safety zone, to be kept clear of e.g., bottles, towels, gum shield cases and other items of equipment</p> <p>Venue to review RE premises are under their control. National Executive and Technical Committee to consider suitability of venue if serious problems are identified</p>	

Electric shock, Lighting/ visibility and other risks arising from physical aspects of venue	As above	All equipment to be properly maintained and adequate for purpose Venue to review RE premises are under their control. National Executive and Technical Committee to consider suitability of venue if serious problems are identified	
Miscellaneous physical injuries during kumite e.g. broken bones, loss of teeth, dislocations, concussion, strains and sprains, cuts / broken skin	Competitors	Refer to risks during training from contact risk assessment. Officials emphasize good control. Use of Personal Protective Equipment (mitts, gum shields compulsory) Review annually by National Executive and Technical Committee.	
Impact from competitors forced out of area	Competitors, spectators, officials and venue staff	Maintain clear 1m safety zone around competition areas. Persons in zone to be kept to a minimum e.g. other team members and one instructor Review annually by National Executive and Technical Committee.	
Health effects linked to over exertion e.g., feeling faint, seizure, breathlessness etc	Competitors	Refer to risks during training from contact risk assessment. Existing health problems to be made known to club instructor before entry. Doctor and First Aid personnel can assist if necessary Review annually by National Executive and Technical Committee.	
Infection from body e.g. blood	Competitors, Officials, venue staff	Medical or Venue staff to clear up. Venue to review.	