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| **Southern England Karate Federation (Risk Assessment, 2023)** |
| **Significant Hazards** | **People at risk** | **Controls / precautions** | **Review** |
| 1. 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 training session |
| 2. Fire | As above, especially new students and visitors | Provision of means of fire escape. Persons in dojo to be aware of evacuation procedure | As above |
| 3. 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 | As above (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) |
| 4. Lighting / visibility | As above | To be adequate for the purposes of safe training, entry to and exit from, the dojo | Club instructor before start of training session |
| 5. 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 | As above |
| 6. 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 | As above |
| **PHYSICAL INJURIES/ HEALTH RISKS DURING TRAINING FROM CONTACT** |
| Significant Hazards | People at risk | Controls / precautions | Review |
| 1. 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 | Annually by National Executive and Technical Committee |
| 2. Loss of teeth | As above | As above | As above |
| 3. Dislocation of joints | As above | As above | As above |
| 4. Concussion | As above | As above | As above |
| 5. Strains and sprains | As above | Thorough warm up before training | As above |
| 6. Cuts / broken skin | As above | Training / experience and discipline of students. Careful supervision by club instructor. Keep nails short. Remove items of jewellery | As above |
| 7. Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness | As above | 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 | By club instructor as necessary and before individual trains again |
| **PHYSICAL INJURIES/ HEALTH RISKS DURING TRAINING FROM NON-CONTACT** |
| Significant Hazards | People at risk | Controls / precautions | Review |
| 1. Broken bones | Students and instructor | Training / experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent injuries being made worse | Annually by National Executive and Technical Committee |
| 2. Dislocation of joints | As above | As above | As above |
| 3. Strains and sprains | As above | Thorough warm up before training | As above |
| 4. Cuts / broken skin | As above | Training / experience and discipline of students. Careful supervision by club instructor. Environmental factors most likely to cause this. | As above |
| 5. Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness | As above | 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 | By club instructor as necessary and before individual trains again |
| **PHYSICAL INJURIES/ HEALTH RISKS DURING COMPETITION** |
| Significant Hazards | People at risk | Controls / precautions | Review |
| 1. Fire and other emergencies requiring evacuation | Students, officials, venue staff and spectators | Emergency exits to be clearly signed, unlocked and routes clear of obstructions | Establish exits, routes, alarms etc. with venue staff prior to competition. Venue staff to have overall control of evacuation |
| 2. Slips and trips, cuts and punctures | As above | 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 | Venue to review RE premises are under their control. National Executive and Technical Committee to consider suitability of venue if serious problems are identified |
| 3. 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 as above |
| 4. 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) | Annually by National Executive and Technical Committee |
| 5. 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 | As above |
| 6. 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. 1st aid personnel can assist if necessary | As above |
| 7. Infection from body fluids e.g. blood | Competitors, officials, venue staff | Medical or Venue staff to clear up | Venue to review as above |