



WELLINGBOROUGH KEMPO KARATE RISK ASSESSMENT REV 2.0

General risk assessment:

- A thorough program of warm up exercises carried out at beginning of every session.
- Control of numbers in the hall at any one time exercised by the coach in charge of the session.
- Any student with a potentially serious medical condition or who is feeling unwell should alert the coach to this prior to the session.
- All accidents / injuries must be reported to the coach who will provide first aid cover; contact the emergency services where required and completes an accident record form.
- All instructors are first aid trained (including CPR).
- First aid box carried in the instructor's bag and accident record which can be found in the coaches' manual.

Specific risk assessment:

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Strained or torn muscles and ligaments through improper warm up.	Thorough warm up with instructor using correct warm up techniques.	Low/Medium	Late comers are kept to one side and are warmed up by being introduced to the lesson for gentle training until warmed up.
Dislocation of joints, specifically toes.	Thorough coaching with correct techniques and close supervision.	Low	Damaged mats or floor areas are to be removed or replaced if necessary. Please notify the coach of any defects.
Bruising to arms, legs or torso caused by blocking or falling.	Thorough coaching with correct techniques and close supervision.	Low	N/A
Broken facial bones due to excessive contact whilst training with partners.	Thorough coaching with correct techniques and close supervision. .	Low	N/A
Concussion caused through excessive contact with partners or as a result of a fall in class.	Thorough coaching with correct techniques and close supervision.	Low/Medium	Occasionally, break falls may be taught in class. Attention should be paid to the age and ability of the students partaking in this activity.
Loss of teeth caused by excessive contact to the mouth whilst training with partners.	Thorough coaching with correct techniques and close supervision.	Low	N/A

Broken skin and cuts through excessive contact by partner or contact with jewellery.	Thorough coaching with correct techniques and close supervision. The wearing of any jewellery is prohibited during lessons.	Low	Any jewellery that cannot be removed must be taped over.
Blisters / Cut feet.	Predominantly a problem experienced by novices, as the body becomes more conditioned through their continuous training the skin becomes more robust and less likely to blister / cut. The session coach is responsible for making sure that the training area is free from debris.	Low/Medium	
Muscle fatigue, cramp, sore or stiff joints, pulled and strained muscles, ligaments and tendons etc.	It is important that ALL students take part in the warm up at the beginning of the class so as to stretch all the necessary muscles and joints used during a session. This not only reduces the chances of injury during practice, but also reduces the likelihood of post training aches.	Medium	Coaches should check that all students are feeling well and also that no students have joint injuries prior to commencing a session. The coach has the right to stop students from training if they feel that they are unfit or unwell.
Injury to head, neck or spine.	Injuries of this nature are extremely rare but the small risks that do exist are reduced even further by observance of good dojo etiquette and by being observant and considerate to others during practice.	Low	During the class first aid will be sought in the event of a head injury and the parent / carer informed at the end of the session.
Unconsciousness caused by a blow to the head.	Report injuries to the coach as soon as possible for medical assistance, reporting of injury to the emergency service etc.	Low	Thorough coaching with correct techniques and close supervision. so this type of injury should not occur unless the student has tripped and fallen.
Dizziness, hyperventilation and nausea.	Dizziness and hyperventilation can occur during strenuous exercise in less well conditioned people and is generally alleviated by improved physical condition. Nausea can also result from eating a large meal too soon before training.	Low	

Dehydration.	Large quantities of fluid can be lost during strenuous exercise, particularly in hot weather. It is important to ensure adequate hydration before training and to rehydrate adequately when training is over	Medium	Plenty of drink breaks given during the class. Increased number of breaks during hot weather
Seizure through contra-indications or over exertion.	Coaches 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	The enrolment form also has a section on medical history for each student.
Enrolment of novices with no prior experience into the club.	Novices instructed to follow directions by the relevant club coach.	Low	The syllabus will be adhered to with respect to the techniques taught to novices to ensure they are not doing something that is technically too difficult for them.
Qualifications / Registration and Insurance of instructors.	All our coaches are insured with and full members of English Karate Federation endorsed by Sport England. Through BIKO. All instructors are registered with EKF and all fully insured.	Low	It is the responsibility of the coaches to ensure that their Insurance details are kept up to date and are supplied to the management team of B.I.K.O or E.K.F on an annual basis.
Lack of qualified instructor at each session.	There will always be a qualified coach at each session.	Low	If for whatever reason, a coach cannot attend a particular session the students will be notified as soon as possible that the club will have to be cancelled.
Injury from Specialist Weapons, Bo, Sai, Tonfa, Nunchaku. Possible injury to feet, limbs, bones, eyes, head, teeth	Specialist Weapons are taught by qualified coach only, under strict supervision. No weapons sparring	Low	Ensure plenty of space during practice and supervision. Children use only foam weapons
Injury from sharp bladed weapons.	Not practiced in Club	Low	N/A

Spectator injured by collision with or being landed on by a member.	From time to time a parent may wish to stay and watch their child's first class. Spectators are warned of possible collision with members while they are training.	Low	N/A
Lack of knowledge of new members medical conditions.	New members are told to report any medical conditions to the coach.	Low	The enrolment form also includes a section on medical history for each student.
Fire.	Club coaches to familiarise themselves with the fire procedures for each school in which they instruct. This includes, but not limited to, nearest exit and evacuation assembly points.	Low	
Facility issues eg faulty lighting, heating, ventilation mats etc. which could result in an accident and/or injury.	The coach must notify the relevant person in charge of the hall for any facility faults which need repair and session cancelled if facilities are deemed unsafe.	Low	Due to the schools generally employing a caretaker this is a negligible risk.
Competitions. Regional, national and international.	Only fully licenced competitors are entered under strict EKF rules and medical care.	Medium	No student is allowed to enter Kumite without the correct safety equipment

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