

# RISK ASSESSMENT



Venue

Purpose

Completed by..... Date.....

Sections one (premises) and two (equipment) are variables depending on the clubs situation, these sections should be completed to the best of your ability following the guidelines in blue. Please delete this paragraph when form completed

Description	Hazard	Control Measures	In Place	Initials	Review Date
<b>Premises</b>	Describe here the venue that is being used as a dojo e.g. School/ Sports hall  i.e. (large room dedicated to sport but there is equipment stored close to the walls)  (Community Hall, chairs stored at one end plus a staged area )  Dedicated, permanent dojo  Emergency Exits and procedures	Mats to be laid in centre of room away from equipment and walls  Some areas out of bounds.  Wall cladding or mats used to protect persons who may leave the mat unexpectedly  These should be signed and a regular evacuation drill carried out. Coaches should be aware of procedures and muster points for venue	Yes or No		
<b>Equipment</b>	<b>MATS</b> Detail potential risks e.g.  Mats can separate during training  Mats can become slippery during training due to condensation  Mats can become dirty  <b>JUDO GI</b> (Club owned) Potential for transmission of skin	Detail here the condition of the mats i.e. the non slip bottom as well as the playing surface  Are the mats kept together and by whom?  Ventilation  How often are the mats cleaned?  Kit loaned to player until own kit purchased and returned in a clean condition			

	<p>disease if worn by player with skin complaint</p> <p><b>First aid kit</b> Required to treat minor injuries</p>	<p>Other kits washed every month</p> <p>Players encouraged to wash own kit after each session</p> <p>Is it up to date How often is it checked (Dated signed list of contents kept in underside of lid)</p>			
<p><b>Injuries during practice sessions</b></p>	<p><b>Standing judo techniques</b> require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.</p> <p>If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injury</p> <p><b>Groundwork techniques</b> involve armlocks strangles and hold-downs. All of which have the potential for injury</p>	<p>All players are made aware of contest rules and etiquette Before training No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fall</p> <p>When teaching new throws crash mats will be used to lessen the impact of the fall.</p> <p>Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.</p> <p>Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to apply these techniques gradually</p> <p>Make sure individuals</p>			

		<p>understand the need to return to standing work in randori situations as soon as possible</p> <p>During randori situations there will never be more than X contests on the mat at any one time. Contests will be supervised</p> <p>Beginners will be subject to more rigorous supervision and will be assisted/taught by higher grades</p> <p>Players will train at their own discretion with other grades</p> <p>Players are not forced to train with any person they do not feel comfortable with</p>			
<p><b>General Injuries</b></p>	<p><b>Pulled Muscles, strains, bruising etc</b> Strenuous exercise can lead to muscle fatigue, cramp, sore / stiff joints, pulled and strained muscles, ligaments and tendons</p> <p><b>Cuts and abrasions</b> Can occur due to students having long nails or as a result of a mishap e.g. nose bleed. Friction burns</p>	<p>Coaches are first aid trained Qualified first aiders treat all injuries immediately following the clubs accident procedures Students must take part in the warm up at the beginning of the class in order to stretch all the necessary muscles and joints used in the practice of judo</p> <p>These should be cleaned and dressed immediately and before continuing with any practice Any specks of blood should be cleaned immediately from the mat All students must keep their own nails short to avoid unnecessary injuries</p>			

		<p>Thorough warm up/down exercises and medical/injury checks are to be carried out at the beginning and end of every session</p> <p>Are there any measures in place to reduce the possibility of players accidentally leaving the mat area?</p> <p>The age and general health/fitness of individuals should be respected</p> <p>Extra provision of coaches and numbers on the mat should be observed when coaching people with extra needs.</p>			
<b>Over exertion, dehydration, exhaustion</b>	Sessions can last for hours & minutes and could lead to dehydration	<p>Members are encouraged to bring water bottles to the dojo and coaches will allow for regular breaks to enable players to rehydrate</p> <p>Any player who requires a rest will be allowed to sit out to recover</p> <p>Techniques are taught at the level of the individual</p>			
<b>Infectious diseases</b>	<p>Due to the potential for bleeding there is a risk that infectious diseases could be transmitted</p> <p>Sweat and dirt could build up on the mats</p>	<p>Prior to any practice session the mats must be inspected for blood stains and cleaned as necessary</p> <p>Any blood on the mat MUST be cleaned immediately using appropriate materials and precautions</p> <p>Students with “bleeding” injuries will not be allowed back on the mat until the bleeding has stopped or the cut is</p>			

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	with constant use	safely covered.  Regular cleaning of mats should be carried out  General personal Hygiene should be observed and kept to an acceptable standard.			
<b>Laying and storing of mats</b>	There is a risk of back injury when lifting judo mats  The storage area should be suitable to minimise the risk of damaged to equipment	All persons need to be aware of the potential for back injury Coaches must ensure that appropriate lifting and handling techniques are applied  Smaller/junior players are not permitted to pick up judo mats  Where possible 2 persons should lift one mat to avoid injury			

Signed.....

Date.....