

Activities usually carried out by The Club at the Dojo.

A thorough program of warm-up exercises carried out at the beginning of every practice.

Control of numbers in the dojo at any one time exercised by the Instructor in charge of the session especially during sparring work.

All members are given access to copies of the club’s Club Rules and Risk Assessment via the club website [www.blairgowrie-karate-club.co.uk](http://www.blairgowrie-karate-club.co.uk).

Any member with a potentially serious medical condition or who is feeling unwell should alert the Instructor to this before the session.

All injuries/accidents must be reported by a member of the club to the Instructor who will provide First Aid Cover, contact the emergency services where required and complete an accident report form

<b>HAZARD</b>	<b>CONTROL MEASURES IN PLACE</b>	<b>RISK FACTOR</b>
<b>1. Direct Physical/Personal Injuries</b>		
Strained or Torn Muscles and Ligaments through improper warm-up or improper partner work.	Thorough warm-up with Instructor using correct warm-up techniques as well as careful supervision of partner work.	Low/Medium
Dislocation of Joints, specifically toes.	Thorough coaching with correct techniques. Careful supervision of partner work.	Medium
Bruising to arms/legs/torso caused by blocking or by falling.	Instructor class at acceptable levels of contact and teaching of the importance of correct timing and technique.	High

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Broken facial bones due to excessive contact whilst training with partners.	Careful supervision of partner training/sparring in addition to careful coaching at acceptable levels of contact.	Low	Only experienced members are allowed to spar with each other in a free manner. Beginner's sparring is very rigidly regulated.
Concussion caused through excessive contact with partners or as a result of a fall during sparring or pair work.	Careful supervision of partner training/sparring in addition to careful coaching at acceptable levels of contact. Advise Instructor drawing his/her attention to dangers of contact with obstacles.	Low	Only experienced members are allowed to spar with each other in a free manner. Beginner's sparring is very rigidly regulated.
Loss of teeth caused through excessive contact to the mouth whilst training with partners.	Careful supervision or partner training/sparring in addition to careful coaching at acceptable levels of contact. Gum-shields are mandatory in all competitions and optional during class activities.	Low	Only experienced members are allowed to spar with each other in a free manner. Beginner's sparring is very rigidly regulated.
Broken skin and cuts through excessive contact by partner or contact with jewellery.	Prohibit the wearing of any form of jewellery during training. If jewellery cannot be removed then it should be taped over.	Medium	
Blisters/cut feet	Predominantly a problem experienced by novices, as the body becomes more conditioned through continuous training the skin becomes more robust and less likely to blister/cut. Novices are encouraged to train regularly. The session instructor is responsible for making sure that the training area is free from debris.	High	Any blood on the floor / mats must be cleaned immediately using appropriate cleaning material available in the dojo or at the front desk of the sports centre. Prior to any practice floor / mats must be inspected for blood stains, and cleaned when necessary.

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Muscle fatigue, cramp, sore/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	Instructor should check that all members are feeling well and also that no members have joint injuries prior to commencing a session. The Instructor has the right to stop members from training, if he/she feels that they are unfit or unwell.
Injury to head, neck or spine. This could arise in the circumstances described above but is identified separately because of its potential for more permanent disablement.	Injuries of this nature are extremely rare, and the small risks that do exist are reduced still further by observance of good dojo etiquette and by being observant and considerate to others during practice.	Low but with potentially very serious consequences.	During class activities, first aid will be sought in the event of a head injury from the Instructor.
Unconsciousness caused by blow to the head.	Report injuries to the Instructor immediately for medical assistance, reporting of accident to the Emergency services etc. All members should be clear of the need to know who and how to report accidents.	Low	
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	Dizziness, hyperventilation and nausea.

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Dehydration	Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure adequate hydration before training, and to re-hydrate adequately when training is over.	Medium	In anticipation of strenuous training sessions, particularly in summer, members are encouraged to bring water bottles to the dojo and the Instructor will allow for regular breaks to enable them to re-hydrate.
Seizure through contra-indications or over exertion	Instructors 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	Club aware at the beginning of term of any medical issues of its members which may prove to be a problem when taking part in the sport. The membership form includes a section for members to state any medical issues they might have, so that the club and the instructors can be aware of it.

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Qualifications/Registration and Insurance of Instructors	All Karate Instructors are licensed by BCKA (guest instructors may be affiliated and licensed by other associations), which provide insurance cover for all practices that go on within the club. All Instructors are registered with Club Instructor/Instructor Form.	Low	It is the responsibility of the Instructor/Instructors to ensure their Insurance details are kept up to date and are supplied to the Club on an annual basis.
Lack of Qualified Instructor at each session.	There is always a qualified instructor at each session to guarantee safe practice. If for any reason a qualified Instructor is not in place then the session is cancelled. The NGB recommends that in class sparring be can be conducted without any safety equipment (although always optional to wear such equipment).	Low	None
Specialist and Safe Equipment.	The only specialist equipment used by the club is that for sparring (Kumite). This includes fist mists/gloves. These are provided by the club and are regularly renewed to ensure adequate padding is provided. Boxes and gum shields must be individually provided.	Low	The club will seek replenishment of safety equipment where required.
Spectator injured by collision with, or being landed on by, a member.  This is a slight risk in the more cramped conditions of the small dojo.	Spectators are warned of possible collision with the members while they are training. The Instructor makes sure that sparring partners are kept away from the spectators' area.	Low	None

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Lack of knowledge of new members medical conditions.	New members are told to report any medical conditions to the Instructor.		Club should ensure that all new and existing members at the start of each e monthly term are informed of Risk Assessment & Club Rules
Fire	Club Instructors are aware of exits from the building and are responsible for clearing the Dojo or Sports Hall if the Fire Alarms sound. Club Instructors and members are to inform the Sports Manager on duty if exits are blocked or locked.	Low	None
Facility Issues e.g. faulty lighting, heating, ventilation, mats etc which could result in an accident and/or injury.	Club notifies the Facilities Manager of any facility faults which need to be repaired.	Low	None
Road accidents in hired minibuses, cars or Instructors when travelling to matches/competitions.	Adults car pool at their own risk. Children are to be transported using Parent/Guardian vehicles.	Low but potentially fatal	None

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<b>3. Competitions</b>			
Regional, National and International competitions	All competitions entered are organised by various governing bodies such as BCKA. The governing bodies always have at least one First Aider present at the venues. There's usually a St Andrew's ambulance present as well.	Medium	None