



**SAFETY OFFICE**

<http://www.ubu.org.uk/main/activities/healthsafety>

# Club/Society Risk Assessment Form

<b>Club:</b> Goju-Ryu Combat Karate	<b>Completed by:</b> Jim Lucas and Sam Townrow	<b>Date:</b> 21/10/2003	<b>Governing Body:</b> Okinawan Martial Arts Association	<b>Affiliated?</b> Yes	<b>Club First Aiders</b> Tim Clark, Gina Dalton
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RISK	CONTROL	RESPONSIBLE	COMPLETION DATE
Locking and Pinning	Use appropriate control	Instructor	Every Session
	Novices are told to tap out when locks apply	Participants	Every Session
Throwing	Mats	Instructor	Every Session
	Use appropriate control	Participants	Every Session
	Students taught to breakfall prior to needing to being thrown	Instructor	Before Throing sessions begin
	Instructors to ensure only adequate mats are used which are properly positioned. If provision of mats not available then some throws with high grades can be performed	Instructor	Every Session
Striking	Level of contact appropriate to level of skill	Instructor	N/A
	No head strikes where appropriate	Participants	Every Session
	Sparring is generally light so protection is not used	All	N/A
	Full contact restricted to advanced level karateka or when certain control has been reached	Instructor	N/A
Injury	First Aid provision	Instructor	N/A

	Both instructors and assistant instructors are insured with the governing body..		N/A
	First aid box		N/A
	Blood born pathogen/disease	Injured person is responsible for clearing up any blood spill. Instructor / high grades to be informed	After every incident
	No jewellery is worn during training	Instructor	Every Session
	Good technique is taught prior to using force on pads etc.	Instructor	N/A
Faulty protective equipment	Gloves, boxes, headguards etc. are checked prior to use.	Karateka to check their protective kit.	Every Session
Previous injury	Instructor stays informed on training injuries	Instructor	Every Session
Strain/sprain	Warm up and warm down where appropriate	Instructor	Every Session

SAFETY EQUIPMENT:

CHECKED BY:

LOCATION OF RECORDS:

N/A		

TRAINING NEEDS:

A large, well ventilated room with either a clean sprung floor or a good supply of mats.

DISSEMINATION (how does this information reach club members e.g Risk Assessment on club web site):

This will be placed on the website

N.B. Advice and assistance on completion of risk assessments can be obtained from the Union Safety Office or downloaded from its website. No grants or services will be available from the Office until a club has submitted a risk



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