



TOTAL SHOTOKAN KARATE

Dojo Risk Assessment

Hazard	Likelihood	Risk Level	Mitigation
Injury through physical activity	Medium	Low	Instructor fully qualified to teach. All lessons start with a thorough warm up of the body, consisting of: Loosing joints, Increase body temperature Preventative stretching
Cuts and scratches	Medium	Low	Both finger and toe nails to be kept short
Injury through physical activity (sparring)	Medium	Medium	Members will only be permitted to spar when they have reached an appropriate level of competence in the art. Sparring requires more room in the Dojo and should only be undertaken when such space is available. Protective equipment used for children and young people
Injury through physical activity (competition)	Low	Medium	As above. Mandatory use of equipment and rules
Injury through impact work on bags or pads	Low	Low	Correct use of pads and teaching. Equipment is owned by the club and kept in good working order
Injury resulting from falls	Low	Medium	Correct teaching of breakfall techniques prior to teaching throws, trips and takedowns. Significant or repeated throws, trips and takedowns to be undertaken on a matted area
Dehydration	Low	Medium	Members encouraged to take appropriate water breaks at the descretion of the Club Instructor
Standard of Instruction	Low	Medium	Instructor with 25 years of training experience and over 15 years of teaching experience. Full Insured and DBS checked

Dojo
Assesment Carried out by
Date
Version

Berkamsted
Dan White
Mar-19
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