



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 |

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| Dojo |
| Assesment Carried out by |
| Date |
| Version |

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|----------------|
| Kings Cross |
| Adam Cockfield |
| Mar-19 |
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