

# Bushido Hombu Activity Risk Assessment

## Karate Activity Risk Assessment

Being a contact based martial art; there is always a risk of injury associated with the practice of Karate. These risks cannot only be mitigated through correct instruction and close supervision but also by responsible practice of those participating in the class.

Exercise	Potential Hazard	Action
Warm up and fitness drills	<ul style="list-style-type: none"> <li>Muscular injuries</li> <li>Falls, trips and collisions with other members</li> </ul>	<ul style="list-style-type: none"> <li>Ensure appropriate warm up is given for the temperature of the room and exercises to be performed.</li> <li>Ensure tripping, slipping hazards are removed from the training area.</li> <li>Ensure class sizes are appropriate for the venue and that awareness is given to space.</li> </ul>
Kihon – basic practice of techniques	<ul style="list-style-type: none"> <li>Muscular injuries</li> <li>Falls, trips and collisions with other members</li> </ul>	<ul style="list-style-type: none"> <li>Ensure all members take part in the class warm up, or if arriving late they take appropriate time to perform their own warm up before joining the class</li> <li>Ensure class sizes are appropriate for the venue</li> <li>Split into groups where necessary to reduce the number of people performing kata at any one time.</li> </ul>
Kata – practice of forms		
Kumite – Fixed move partner work	<ul style="list-style-type: none"> <li>Injuries such as bruising from contact</li> <li>Injuries such as dislocations of toes and fingers due to impact</li> <li>Injuries such as bleeds due to impact, tearing or cutting</li> <li>Bruises due to collision of limbs or contact of technique (attack/block)</li> </ul>	<ul style="list-style-type: none"> <li>Performed in a controlled way, to the limit of the participant's grade. Techniques are announced and acknowledged before exchange.</li> <li>Appropriate protective equipment should be worn depending upon the level of the members training and the type of exercise</li> </ul>
Pad / Strike Shield / Bag Practice	<ul style="list-style-type: none"> <li>Injury through incorrectly holding equipment</li> <li>Injury through partner missing the equipment with strike</li> <li>Injury through equipment malfunction</li> </ul>	<ul style="list-style-type: none"> <li>All members to be instructed on how to hold the equipment in the correct way</li> <li>Equipment to be inspected for damage prior to use</li> <li>Close instruction of members to ensure appropriate focus is being used when striking</li> </ul>
Jiyu Kumite – Free sparring	<ul style="list-style-type: none"> <li>Injuries such as bruising from contact</li> <li>Injuries such as dislocations of toes and fingers due to impact</li> <li>Injuries such as bleeds due to impact, tearing or cutting</li> <li>Bruises due to collision of limbs or contact of technique (attack/block)</li> </ul>	<ul style="list-style-type: none"> <li>Appropriate protective equipment should be worn depending upon the level of the members training and the type of Free Sparring that is being practiced</li> <li>Close supervision by the instructor during sparring exercises</li> <li>Members should be matched appropriately with older or higher graded members being responsible for applying the appropriate level of control over the exercise</li> <li>Members to always ensure their toe and finger nails remain short and blunt</li> </ul>
Weaponry Kihon, Kata, Kumite	<ul style="list-style-type: none"> <li>As per Kihon, Kata, Kumite without weapon</li> </ul>	<ul style="list-style-type: none"> <li>As per without weapon</li> <li>Training weapons to be carried to</li> </ul>

		<p>class in accordance with the Law and in a safe/appropriate packaging/bag</p> <ul style="list-style-type: none"> <li>• Training weapons not supplied by BMAA approved sellers will be assessed before being allowed to be used by the members</li> <li>• Training weapons must be inspected for wear/damage before each session they are used</li> </ul>
All	<ul style="list-style-type: none"> <li>• Mixed ages/sizes/grades</li> </ul>	<ul style="list-style-type: none"> <li>• All activities need to take into account the age of the participants, sessions will always be appropriate for the youngest member of the class</li> <li>• Where members of different sizes are training in the same room, we aim to order the line-up in height order and partner people appropriately to reduce the differential in size between members in close proximity.</li> <li>• Sessions are always run in line with the requirements of the grades in attendance.</li> </ul>

# Yogic Arts Activity Risk Assessment

Being an active bodyweight based form of exercise and self improvement; there is always a risk of injury associated with the practice of Yogic Arts. These risks cannot only be mitigated through correct instruction and close supervision but also by responsible practice of those participating in the class.

Exercise	Potential Hazard	Action
Warm up and fitness drills	<ul style="list-style-type: none"> <li>• Muscular injuries</li> <li>• Falls, trips and collisions with other members</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure appropriate warm up is given for the temperature of the room and exercises to be performed.</li> <li>• Ensure tripping, slipping hazards are removed from the training area along with anything that could cause injury if fallen upon.</li> <li>• Ensure class sizes are appropriate for the venue and that awareness is given to space.</li> </ul>
Sun Salutations and Asanas	<ul style="list-style-type: none"> <li>• Muscular injuries</li> <li>• Falls, trips and collisions with other members</li> <li>• Injuries such as bruising, dislocation and fractures from falls</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure all members take part in the class warm up, or if arriving late they take appropriate time to perform their own warm up before joining the class</li> </ul>
Balancing	<ul style="list-style-type: none"> <li>• Injuries such as bruising, dislocation, concussion and fractures from falls</li> <li>• Muscular injuries such as cramps</li> </ul>	<ul style="list-style-type: none"> <li>• Performed in a controlled way</li> <li>• Ensure class sizes are appropriate for the venue</li> <li>• Split into groups where necessary to reduce the number of people performing kata at any one time.</li> </ul>
Headstands / Handstands	<ul style="list-style-type: none"> <li>• Injuries such as bruising, dislocation, concussion and fractures from falls</li> <li>• Passing out/fainting</li> <li>• Injuries from partner assistance:               <ul style="list-style-type: none"> <li>○ Injury to helping partner from wayward feet</li> <li>○ Injury to practitioner from insufficient assistance from partner</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• All members to be instructed on how to attain and hold the position in the correct way</li> <li>• Confirmation from the members that they have no medical conditions such as high blood pressure or injuries that could impact their ability to safely participate in this practice.</li> <li>• Close instruction of members</li> </ul>
Breathing	<ul style="list-style-type: none"> <li>• Hyperventilation</li> <li>• Panic Attacks</li> </ul>	<ul style="list-style-type: none"> <li>• Close supervision by the instructor during exercises</li> <li>• Members should be matched appropriately with older or higher graded members being responsible for applying the appropriate level of control over the exercise</li> <li>• Ensure member medical history is appropriate</li> </ul>
Equipment: Mats Blocks Belts	<ul style="list-style-type: none"> <li>• Injury through incorrectly holding equipment</li> <li>• Injury through equipment malfunction</li> </ul>	<ul style="list-style-type: none"> <li>• As per without equipment</li> <li>• Equipment not supplied by BMAA approved sellers will be assessed before being allowed to be used by the members</li> <li>• Equipment must be inspected for wear/damage before each session they are used</li> </ul>
All	<ul style="list-style-type: none"> <li>• Mixed ages/sizes/grades</li> </ul>	<ul style="list-style-type: none"> <li>• All activities need to take into account the age of the participants, sessions will always be appropriate for the youngest member of the class</li> <li>• Where members of different sizes are training in the same room, we aim to order the line-up in height order and partner people</li> </ul>

		<p>appropriately to reduce the differential in size between members in close proximity.</p> <ul style="list-style-type: none"><li>• Sessions are always run in line with the requirements of the grades in attendance.</li></ul>
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## Taiji Activity Risk Assessment

Being a contact based martial art; there is always a risk of injury associated with the practice of Taiji. These risks cannot only be mitigated through correct instruction and close supervision but also by responsible practice of those participating in the class.

Exercise	Potential Hazard	Action
Warm up and fitness drills	<ul style="list-style-type: none"> <li>• Muscular injuries</li> <li>• Falls, trips and collisions with other members</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure appropriate warm up is given for the temperature of the room and exercises to be performed.</li> <li>• Ensure tripping, slipping hazards are removed from the training area.</li> <li>• Ensure class sizes are appropriate for the venue and that awareness is given to space.</li> </ul>
All	<ul style="list-style-type: none"> <li>• Mixed ages/sizes/grades</li> </ul>	<ul style="list-style-type: none"> <li>• All activities need to take into account the age of the participants, sessions will always be appropriate for the youngest member of the class</li> <li>• Where members of different sizes are training in the same room, we aim to order the line-up in height order and partner people appropriately to reduce the differential in size between members in close proximity.</li> <li>• Sessions are always run in line with the requirements of those in attendance.</li> </ul>

# Krav Maga / Self Defence Activity Risk Assessment

By its nature, Krav Maga and Self Defence training is a contact study where scenarios and techniques are practiced in order to gain skills for the reduction of danger should a self defence situation occur. These risks cannot only be mitigated through correct instruction and close supervision but also by responsible practice of those participating in the class.

Exercise	Potential Hazard	Action
Warm up and fitness drills	<ul style="list-style-type: none"> <li>• Muscular injuries</li> <li>• Falls, trips and collisions with other members</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure appropriate warm up is given for the temperature of the room and exercises to be performed.</li> <li>• Ensure tripping, slipping hazards are removed from the training area.</li> <li>• Ensure class sizes are appropriate for the venue and that awareness is given to space.</li> </ul>
Fixed move partner work	<ul style="list-style-type: none"> <li>• Injuries such as bruising from contact</li> <li>• Injuries such as dislocations of toes and fingers due to impact</li> <li>• Injuries such as bleeds due to impact, tearing or cutting</li> <li>• Bruises due to collision of limbs or contact of technique (attack/block)</li> </ul>	<ul style="list-style-type: none"> <li>• Performed in a controlled way, to the limit of the participant's grade. Techniques are announced and acknowledged before exchange.</li> <li>• Appropriate protective equipment should be worn depending upon the level of the members training and the type of exercise</li> </ul>
Pad / Strike Shield / Bag Practice	<ul style="list-style-type: none"> <li>• Injury through incorrectly holding equipment</li> <li>• Injury through partner missing the equipment with strike</li> <li>• Injury through equipment malfunction</li> </ul>	<ul style="list-style-type: none"> <li>• All members to be instructed on how to hold the equipment in the correct way</li> <li>• Equipment to be inspected for damage prior to use</li> <li>• Close instruction of members to ensure appropriate focus is being used when striking</li> </ul>
Free sparring	<ul style="list-style-type: none"> <li>• Injuries such as bruising from contact</li> <li>• Injuries such as dislocations of toes and fingers due to impact</li> <li>• Injuries such as bleeds due to impact, tearing or cutting</li> <li>• Bruises due to collision of limbs or contact of technique (attack/block)</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate protective equipment should be worn depending upon the level of the members training and the type of Free Sparring that is being practiced</li> <li>• Close supervision by the instructor during sparring exercises</li> <li>• Members should be matched appropriately with older or higher graded members being responsible for applying the appropriate level of control over the exercise</li> <li>• Members to always ensure their toe and finger nails remain short and blunt</li> </ul>
Weapon defence training	<ul style="list-style-type: none"> <li>• The same risks are present as fixed move partner work, with additional risk caused by equipment being used (the practice/training weapon)</li> </ul>	<ul style="list-style-type: none"> <li>• Training weapons to be carried to class in accordance with the Law and in a safe/appropriate packaging/bag</li> <li>• Training weapons not supplied by BMAA approved sellers will be assessed before being allowed to be used by the members</li> <li>• Training weapons must be inspected for wear/damage before each session they are used</li> </ul>
Scenario testing and gauntlet drills	<ul style="list-style-type: none"> <li>• Panic attacks, hyperventilation and "overheating" are all possible in addition to risks involved with free sparring</li> <li>• Multiple opponents and crowd simulations increase the risks</li> </ul>	<ul style="list-style-type: none"> <li>• Close supervision by the instructor</li> <li>• Only one member to be put through a drill or test at any one time</li> <li>• Appropriate protective equipment must be worn</li> </ul>

	involved with fixed move partner work and free sparring	
All	<ul style="list-style-type: none"> <li>Mixed ages/sizes/grades</li> </ul>	<ul style="list-style-type: none"> <li>All activities need to take into account the age of the participants, sessions will always be appropriate for the youngest member of the class</li> <li>Where members of different sizes are training in the same room, we aim to order the line-up in height order and partner people appropriately to reduce the differential in size between members in close proximity.</li> <li>Sessions are always run in line with the requirements of the grades in attendance.</li> </ul>

## Karate / Yogic Arts / Taiji / Krav Maga / Self Defence Injury and Sickness Risk Assessment

Injury / Sickness	Control measures in place	Risk Factor	Further control measures
<b>Strained or Torn Muscles</b> 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	Late-comers are informed that they must take responsibility for warming up in their own time before joining the class.  For all clubs first aid incidents, the members are clear that they are required to report the injury direct to the front reception desk in the main sports centre, to summon First Aid assistance.
<b>Dislocation of Joints, specifically toes/fingers.</b>	Thorough coaching with correct techniques.  Careful supervision of partner work.	Medium	Damaged mats or floor areas should be removed or replaced if necessary. Please notify the Facilities Manager at the main reception desk.
<b>Bruising to arms/legs/torso</b> caused by blocking or by falling.	Coach class at acceptable levels of contact and teaching of the importance of correct timing and technique.	High	
<b>Broken Facial bones</b> due to excessive contact whilst training with partners.	Careful supervision of partner training/sparring in addition to careful coaching at acceptable levels of contact.  Appropriate gloves/mitts will be worn depending upon the exercise.	Low	Only experienced members are allowed to spar with each other in a free manner.  Less experienced members' sparring is very rigidly regulated and monitored.  Where appropriate, head-guards are worn.
<b>Concussion</b> 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 Coach drawing his/her attention to dangers of contact with obstacles.  Appropriate gloves/mitts will be worn depending upon the exercise.	Low	Only experienced members are allowed to spar with each other in a free manner.  Less experienced members' sparring is very rigidly regulated and monitored.  Where appropriate, head-guards are worn.
<b>Loss of / damage to teeth</b> 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.  Appropriate gloves/mitts will be worn depending upon the exercise.	Low	All members are recommended to own and use Gum Shields in order to reduce the effects of any facial contact.  Only experienced members are allowed to spar with each other in a free manner.  Less experienced members' sparring is very rigidly regulated and monitored.  Where appropriate, head-guards are worn.
<b>Broken Skin and cuts</b> through excessive contact by partner or contact with jewellery.	Prohibit the wearing of any form of jewellery during training.	Medium	Some jewellery that cannot be removed may be taped over, but some activities may not be partaken in this circumstance.
<b>Blisters/Cut Feet</b>	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.	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.



	The session instructor is responsible for making sure that the training area is free from debris.		
<b>Muscle fatigue, cramp, sore/stiff joints, pulled and strained muscles, ligaments and tendons, etc.</b>	<p>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.</p> <p>This not only reduces the chances of injury during practice, but also reduces the likelihood of post-training aches.</p>	Medium	<p>Coaches should check that all members are feeling well and also that no members have joint injuries prior to commencing a session.</p> <p>The Instructor has the right to stop members from training, if he/she feels that they are unfit or unwell.</p>
<b>Injury to head, neck or spine.</b> 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/training 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 (initially from club first aider, then a member of the Sports Department staff on duty).
<b>Fitting / Epilepsy / Heart Attack</b> The above are examples of serious medical issue, but this clause accounts for any serious issue that arises, whether due to strain from training or existing condition	All instructors are first aid trained and are aware of initial principles of how to control such situations, until appropriate emergency services arrive.	Low	Any existing medical issues will have been notified to the club on the medical questionnaire, with doctor permission having been provided where required.
<b>Sickness</b>	Should someone be taken ill during the session then the front desk will be informed to perform any required clean up and the member will be taken to a suitable location, while being monitored by a senior member or one of the instructors.	Medium	The member's condition and ability to make it home safely will be assessed before they leave.