

Risk Action Plan

Date of risk review: 15th February 2024
 Compiled by Daniel Milnes Date 15th Feb 2023

Activity: Martial Arts

Hazard/Risk	Risk Rating	Control Measures	Person responsible	Timetable for implementation	Monitoring of risk/review
<i>Tripping and falling onto a hard surface</i>	High	<i>Remove any object that can cause slip trip or fall. Make participants aware of dangers e.g. slipping, tripping</i>	<i>Coach/Instructor and all members</i>	<i>Remove objects before sessions. Make participants aware before and during</i>	<i>Needs to be assessed before every session.</i>
Safeguarding of adults and children	Low	Have adequate policies in place	Safeguard lead and deputy	Immediate and ongoing	Annual reviews of policies
Light/medium sparring	Medium	Use sparring equipment as a control measure. (Mouth Guard, Boxing gloves, shin guards etc	<i>Coach/Instructor and all members</i>	Before participating	Instructor supervision and clear policy
Training throws, trips, and falls	Medium	40 MM mats installed throughout the gym to ensure adequate surface protection. Students to be taught how to break fall before being thrown	<i>Coach/Instructor and all members</i>	Before participating	Instructor supervision and clear policy
ligament and muscle strains	Medium	warm-up exercises to make sure that the athletes are ready for training	<i>Coach/Instructor and all members</i>	Beginning of class	Instructor to ensure class is suitably warmed up
Severe injury or death	Low	Controlled supervision by qualified instructor, First aider and first aid kit available at all classes	<i>Coach/Instructor and all members</i>	During classes	By qualified person, ie First aider or coach/instructor
Severe injury or death	Low	Numbers are restricted to 40 students on the mats to allow adequate space			

Transmission of skin infections and personal hygiene	Medium	Students are encouraged to shower before and after class. The use of hand sanitizer is required before entering the Gym and after class. This is provided at the entrance to the gym	Coach/Instructor and all members		
Transmission of skin infections and personal hygiene	Medium	Finger and toenails must be trimmed	Coach/Instructor and all members		
Transmission of skin infections and personal hygiene	High	Small cuts to be treated with disinfectants and MUST be covered with tape or plaster. NO OPEN SORES	Coach/Instructor and all members		
Transmission of skin infections and personal hygiene	High	Gi and NO gi kit must be fresh and clean before use	Coach/Instructor and all members		
Mat Care	Medium	Mats inspected daily for tears, breaks and bulging at joints.	Coach/Instructor and all members		
Mat Care	Medium	No outdoor shoes on the mats	Coach/Instructor and all members		
Mat Care	Medium	Mats to be swept and mopped daily	Coach/Instructor and all members		
Mat Care	Low	Mats are none slip and 40mm in depth to provide adequate protection for high impact	Coach/Instructor		
First Aid Kit	Medium	First aid kit kept on site and contents checked monthly. Stock replenished immediately after use	Coach/Instructor		

Over exertion, dehydration, exhaustion	High	Members are encouraged to bring water bottles to the dojo and coaches will allow for regular breaks to enable players to rehydrate Any player who requires a rest will be allowed to sit out to recover	<i>Coach/Instructor and all members</i>		

		CONSEQUENCES – WHAT IS THE MAXIMUM REASONABLE CONSEQUENCE				
		Insignificant	Minor	Moderate	Major	Catastrophic
LIKELIHOOD RATING	Almost certain	Medium	Medium	High	Extreme	Extreme
	Likely	Low	Medium	Medium	High	Extreme
	Possible	Low	Low	Medium	High	High
	Unlikely	Low	Low	Low	Medium	High
	Rare	Low	Low	Low	Low	Medium