



RISK ASSESSMENT POLICY



WADOKAI WORCESTER

RISK ASSESSMENT POLICY

1. Important Notice for Parents/Guardians:

Martial arts training carries some inherent risks. This document ensures that you, as the parent or guardian, understand these risks before permitting your child to participate in training sessions at WadoKai Worcester Karate. Please read carefully before signing.

2. Martial Arts Training Overview

Your child will be participating in structured martial arts training at WadoKai Worcester Karate. The training will include and will be adapted to suit your child's age and experience level.

Training will involve:

- Fundamental martial arts techniques, including striking, blocking, and movement drills.
- Partner-based exercises, controlled sparring (if appropriate), and self-defence techniques.
- Fitness and conditioning activities.
- Structured syllabus-based progression and grading.

Instructor Information:

The session will be led by WadoKai Worcester Coaches , a fully qualified and insured martial arts instructor at WadoKai Worcester Karate.

The instructor holds:

- Relevant martial arts qualifications.
- Safeguarding and child protection training.
- An enhanced DBS check.
- First Aid certification.

If you have any questions regarding the upcoming class or the syllabus, please contact us at Wadokai Worcester Karate.

3. Acknowledgement of Risks

Martial arts training involves physical exertion, close contact with other participants, and potential impacts with equipment or training surfaces. These activities present inherent risks that cannot be entirely eliminated.

Potential risks include, but are not limited to:

- Slips, trips, and falls.
- Bruises, sprains, or strains.
- Occasional accidental contact injuries.
- Rare but more serious risks such as fractures or concussions.

Club Safety Commitment:

- All sessions are conducted in a safe and structured manner.
- Protective equipment will be used where necessary.
- Techniques will be adapted to ensure suitability for children.
- All children are encouraged to communicate with instructors if they feel uncomfortable or unwell.

Despite these precautions, I acknowledge that some risk remains, and I accept responsibility for permitting my child to participate.

4. Health and Medical Declaration

It is important that we are aware of any medical conditions, injuries, or additional needs that may affect your child's participation in training.

5. Code of Conduct and Behaviour Expectations

At , we expect all students to adhere to our code of conduct to maintain a safe and respectful training environment.

Children must:

- Follow instructor guidance at all times.
- Respect fellow students and avoid rough or reckless behaviour.
- Listen carefully to safety instructions.
- Wear appropriate training attire and safety equipment where required.
- Inform the instructor immediately if they feel unwell or unsafe.

Failure to follow these guidelines may result in restricted participation or removal from the class.

6. Key Considerations

- **Physical Limitations:** Consider any mobility, coordination, or muscle tone challenges.
- **Risk of Fatigue:** Determine if additional breaks or shortened sessions are needed.
- **Environmental Adaptations:** Ensure the dojo is accessible and free of obstacles.
- **Communication Needs:** Identify if any communication support is required.

7. Hazard Identification and Control Measures

HAZARD	RISK	CONTROL MEASURE	RATING
Sprains & Strains	Risk of injury during session	Thorough warm-up and stretches; supervised instruction at reduced speed initially.	MEDIUM
Striking Injuries	Accidental strikes to partners or instructors	Controlled sparring with protective equipment; close supervision by instructors.	MEDIUM
Blunt Force Trauma	Injuries from impact which does not penetrate the skin caused by impact from training equipment or during sparring	Provide padded training areas, use protective equipment and ensure proper training is given.	MEDIUM
Joint Dislocation	Improper application of joint locks	Detailed instruction; focus on control rather than force; supervised application only after sufficient warm up.	LOW
Head Injuries / Concussion	Risk of concussion during sparring or accidental falls	Mandatory headgear during sparring; limit high-impact techniques for beginners and ensure BMABA Concussion RtP processes are followed for contact management.	MEDIUM
Overexertion	Fatigue or dehydration during intense training	Encourage regular water breaks; monitor for signs of fatigue; adjust intensity for skill level.	MEDIUM

Safe Drop-Off / Pick-Up	Unsupervised children or chaotic handover	Establish clear procedures for drop-off and pick-up.	LOW
Instructor to Student Ratio	Insufficient supervision leading to unaddressed risks or poor risk management	Maintain an appropriate ratio based on BMABA acceptable policy and combine this with pre-planned lesson for further control; assign additional volunteers if needed. All classes must be run by fully qualified, insured, and competent instructors.	MEDIUM
Slips & Trips	Risk of falling due to uneven surfaces or spilled liquids	Regular floor inspections; immediate cleaning of spills; use of appropriate footwear.	MEDIUM
Wet Floor	Slips and falls due to spilled liquids or cleaning	Mark wet areas clearly; clean spills immediately.	LOW
Heat Exhaustion	Overheating during summer classes or in poorly ventilated areas, or too-cold of an environment during winter months	Ensure proper ventilation; provide fans or air conditioning; enforce hydration breaks. In winter, maintain heaters and thorough warm-up	MEDIUM
Emotional Distress	Discomfort due to fear or intimidation in class	Foster a supportive environment; adjust techniques to individual comfort levels, ensure proper club policies for safeguarding and bullying.	LOW

Dizziness & Nausea	Risk of dizziness or nausea due to low conditioning or low blood sugar	Instructors to monitor students' well-being; remind students to sit out if feeling unwell.	LOW
Equipment Failure	Injury due to faulty or damaged equipment	Regular equipment checks; repair or replace damaged items immediately.	LOW
Weapon-Based Injuries	Accidental harm from training weapons	Use blunt or padded training weapons; strict supervision. Module access to weapons based on grade.	MEDIUM
Improper Equipment Use	Injury from incorrect use of training gear	Provide clear instructions; enforce proper technique and usage.	MEDIUM - HIGH
Heavy Equipment Handling	Injury from moving or setting up heavy equipment like punching bags	Use proper lifting techniques; assign multiple people to heavy items; provide equipment trolleys.	MEDIUM
Storage Hazards	Risk of falling items from improperly stored equipment	Organise storage areas; secure heavy items on lower shelves. Liaise with venue owners in rented premises for proper storage management.	MEDIUM
Sanitation Issues	Spread of germs through shared equipment	Clean equipment after each use; provide personal hygiene stations and record cleaning routines weekly.	LOW
Fire or Emergency	Injury or panic during evacuation	Display clear evacuation routes; conduct regular fire drills; ensure exits are	LOW

		unobstructed. Check venue fire drill instructions.application only after sufficient warm up.	
Electrical Hazards	Risk of electrocution from exposed wires or faulty equipment	Inspect electrical equipment regularly; repair damaged wiring immediately.	LOW
Inadequate Lighting	Risk of tripping or collisions in poorly lit areas	Ensure adequate lighting; replace faulty bulbs promptly.	LOW
Ventilation Issues	Discomfort or overheating due to poor airflow	Ensure proper ventilation; install fans or air conditioning if needed.	LOW
Entry/Exit or Mat-Side Hazards	Injuries from obstructed or slippery entrances/exits or cluttered training space	Keep entrances/exits clear; use non-slip mats. Ensure equipment is returned properly and that no personal items are left in the training space.	MEDIUM-HIGH
Setting Up Mats	Risk of mats slipping or not being secured properly	Ensure mats are secured before use; regularly inspect for wear and tear.	MEDIUM
Time Pressure	Errors during setup due to rushing	Allocate sufficient time for setup; create a clear checklist.	LOW
Allergic Reactions	Reactions to cleaning products or materials	Use hypoallergenic products; communicate potential allergens.	LOW
Miscommunication	Errors due to unclear instructions	Ensure clear communication; use demonstrations and repeat instructions.	LOW
Language Barriers	Difficulty in understanding instructions	Provide visual demonstrations; use	LOW

		simple and universal gestures.	
First Aid Response Delays	Delays in treating injuries	Ensure first aid kits are accessible; designate trained first aiders.	MEDIUM
Bruising	Risk of bruising from blocking, breakfalls, or contact	Set acceptable contact levels, brief on assumption of risk, and offer conditioning gradually.	MEDIUM