

Activity Risks

Activity	Key Safety Risks	Mandatory Safety Rules	Preferred But Optional Protection
Normal class training, warm-ups, cool-downs etc	Pulled muscles Fainting Asthma Existing & Unknown medical conditions	Pre-membership health checks Instructor awareness of any existing medical conditions, symptoms and treatments Clear floor space Jewellery/piercings removed or taped First aid kit always on hand Instructor lesson plan and adequate class supervision	Jigsaw mats
Sparring	Knock down Strong blow to head/body Unconsciousness Broken bone Bleeding Fall Injury Winded Clash of limbs	Full sparring PPE Clear floor space First aid kit always on hand Instructor supervision	Jigsaw mats Participants grouped according to gender, size, ability Level based on competence of least able member
Patterns, line work, technical training	Collision Accidental contact Pulled muscle	Clear floor space Members well spaced First aid kit always on hand	Jigsaw mats
Pad work, other partner drills	Collision Strong blow to head/body Accidental contact Pulled muscles Over exertion Fall injury	Clear floor space First aid kit always on hand	Gloves worn Participants grouped accordingly
Breaking boards	Injury to limbs, hands, feet Broken bones Bruising Eye injury	Instruction provided for both participants and holders Boards selected according to participant's age, ability, size etc. Clear floor space First aid kit on hand Only reusable plastic boards to be used Wooden boards not used (risk of wood dust and splinters)	Holders may wear gloves to protect fingers and shoes to protect against dropped boards Use two holders where possible and depending on technique
Colour belt gradings	All of the above		

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Activity	Key Safety Risks	Mandatory Safety Rules	Preferred But Optional Protection
Black belt gradings	All of the above		
Head injury	Hit to head sufficient to stagger participant Hit to head causing unconsciousness	Issue head injury warning notice Mandatory visit to A&E if participant loses consciousness No sparring for one week (or one month, if loss of consciousness occurs) Check parents receive head injury warning notices for those under eighteen	
Pregnancy	Risk to self Risk to unborn child	Participants who are pregnant can not participate in sparring or breaking Participating in warm-ups, line work, patterns etc is encouraged for general health Participants should not work to exhaustion	Participation in pad work will depend on different factors. Avoid holding kick shields or gloves over stomach area Lower kicks to reduce risk of falling Work with partners who can control their technique

Activity Specific: Normal Class Training

Risk	Mitigation and Control
Pulled muscles, strains, sprains,	Classes begin gently and progress in intensity Stretching within range of motion Instructor aware of participants capabilities Lesson plans made in advance to include smooth coordinated approach
Fainting	Instructor to be observant Participants reminded to rest if they feel dizzy If fainting occurs, keep airways clear, issue head injury warning notice if required
Over exertion	Be aware of individual fitness levels Participants to self regulate and not push beyond their limits Remind participants to slow down if necessary
Clothing/ jewellery/piercings	Remind students that jewellery should be removed Piercings/rings that can not be removed should be taped over Participants should be barefoot Where shoes are required (verruca etc), participants may not be able to join in all activities - sparring etc. Trousers should not drag on the floor (risk of slipping)
Dehydration	Participants aware that they should bring water bottles Give adequate breaks
Medical conditions / fit to participate	Enquire at start of class about injuries etc. Participants to declare medical conditions etc upon joining Participants to bring inhalers, epi-pens etc to class
Impact injuries / collisions	Avoid over crowding Participants remind of risk prior to exercises such as tag games

Activity Specific: Sparring, sparring drills, kicking pads

Sparring is a normal class activity but due to its nature can never be without risk. Participants should exercise control and instructors should, where possible, group participants according to gender, size, ability etc.	
Risk	Mitigation and Control
Kick / punch to head	Full sparring PPE to be worn during sparring, including head guard and gum shield Participants encouraged to hit forehead rather than face Hits to back of the head are not allowed Participants expected to exercise control First aid kit required
Knock out / loss of consciousness	Full sparring PPE to be worn during sparring, including head guard and gum shield Participants encouraged to hit forehead rather than face Hits to back of the head are not allowed Participants expected to exercise control First aid kit required
Bleeding	First aid kit present
Kick / punch to body Winded	Participants expected to exercise control First aid kit required
Broken bones / clash of limbs	Full sparring PPE to be worn during sparring, including head guard and gum shield Participants expected to exercise control First aid kit required
Pulled muscles	Warm-up required before sparring
Fall / slip / twisted ankles	Trousers not to drag on floor Use of jigsaw mats if available Clear floor space Avoid over crowding
Incorrect holding of kick pads	Demonstration of correct holding technique Participants grouped according to size Participants to exercise control when working with a smaller partner
Damage to hands / feet during pad work	Demonstration of correct kicking / punching technique PPE, i.e. gloves / hand wraps / footpads is optional

Activity Specific: Board Breaking

Risk	Mitigation and Control
Hand / foot / limb injury	Correct technique for grade Correct holding technique Holders may wear gloves / shoes to protect themselves Use multiple holders where possible Instructor supervision First aider / kit available
Broken bones	Correct technique for grade Instructor supervision First aider / kit available
Falling	Use jigsaw mats if available
Eye / head injury from flying boards	Correct holding technique Use multiple holders where possible Avoid over crowding
Eye injury from wood splinters / dust	No wooden boards used
Bruising	Correct technique for grade Instructor supervision First aider / kit available

Venue: Indoor Training

Risk / Event	Control Measures
Injuries caused by wet, dirty or dusty floor	Visual inspection of floor before activity Activity should stop if floor becomes wet Members asked to remove shoes when entering the sports hall on wet days No food or drink on main training area Drinks to be kept at the edge of the room Jigsaw mats used when possible
Injuries caused by obstacles	Shoes and kit bags to be kept at the edge of the room Obstacles such as school benches should be moved to the edge of the room Obstacles should be pointed out to participants before and during class Obstacles coned off where necessary
Lighting	Lighting should be adequate for participants and instructors
Fire	Instructor to be aware of venue fire procedures Instructor aware of nearest fire extinguisher Participants reminded periodically of fire escape plans and muster points Fire exits to remain clear
Injuries caused by sports hall doors	Doors wedged open if finger shields are not fitted
Electric shock due to faulty electrical sockets, light switches, speakers etc	When spotted, report concerns to venue
Injuries caused by falling objects, become trapped under objects etc, in storage cupboards / equipment rooms	Children not to enter equipment rooms Instructor to point out potential hazards to adults who help set out equipment.
Reaching family after injury	Instructor to carry mobile phone Instructor to have records of participants' emergency contacts Accidents logged in club accident book Children who have received minor first aid given an "I received first aid" sticker Emergency contacts informed in person or over phone in the event of more serious issues

Venue: Outdoor Training

Outdoor training is usually undertaken at venues already used by North East Martial Arts, namely school fields and playgrounds. In the event of using public land, other concerns should be assessed, including but not limited to: emergency vehicle access, risk of colliding with members of the public and risks associated with dogs.

Risk / Event	Control Measures
Injuries caused by slips / trips	Visual inspection of field / yard / playing surface before activity Obstacles pointed out before activity Activities involving changing direction at speed not to take place on muddy ground Classes cancelled in the event of heavy rain.
Sun burn / sun sickness	Participants encouraged to apply sunscreen before class and to bring sunscreen with them Instructor to carry sunscreen in the event participants forget Participants encouraged to dress for the weather and bring caps to protect their eyes Participants encouraged to take on plenty of water and to rest or reduce the intensity of their exercise whenever needed
Hypothermia	Participants reminded to dress for the weather Class will not take place outdoors in the event of heavy rain or extreme cold

Venue: Online Classes

Risk / Event	Control Measures
Injuries caused by slips / trips	Participants reminded that parents must supervise children during classes Participants reminded that they require a safe area to exercise, free from trip hazards Participants reminded to wear suitable footwear / barefoot depending on their floor surface
Impact injuries / collisions	Participants reminded that parents must supervise children during classes Participants reminded that they require a safe area to exercise where they won't collide with objects or others
Over exertion	Participants reminded that parents must supervise children during classes Participants encourage to slow down if needed Plenty of drink breaks are offered and participants are reminded to drink water whenever they need to Easier alternatives to difficult exercises to be offered