



Edinburgh Jitsu Club
www.edinburghjitsu.com

Risk Assessment

Participation in a martial art entails several risks. This document attempts to codify these risks and show precautions taken to minimise these risks. There is also a check-list at the end of this document that is to be completed every session.

Risk	Likelihood	Precautions
<u>Mats</u>		
Slip apart leading to gaps	Medium	Instructor and senior grades ensure mats stay together. Anti-slip base on mats
Surface slippery - risk of falling / slipping	Low	Ensure any moisture on surface cleaned quickly. Participants clean feet before coming onto tatami and stay on tatami as much as possible to prevent any contaminating material coming onto mat.
Limited space - collisions between participants	Medium	Ensure at least 3 mats for 2 students for throwing/falling techniques and a mat each for other techniques.
Mats not of appropriate quality leading to injury on twisting or falling	Low	Only professional quality judo tatami used, regularly maintained.
<u>Weapons</u>		
Lack of skill - injury	Low	Ensure weapons are only taught to the correct syllabus, or to those with sufficient skills. Begin teaching at slow speed and only increase speed as competence improves.

Risk	Likelihood	Precautions
Weapons let go early - hit someone	Low	Ensure sufficient space between people training with weapons
Weapons left on floor - someone lands or trips on them	Medium	Weapons to be immediately picked up. On disarm weapons to be thrown into non-training area
Poorly maintained weapons causes injury - eg cosh snaps	Low	All weapons regularly maintained.
<u>Specific weapon risks</u> (in addition to all weapon risks previously described)		
Plastic or glass broken bottles - may have sharp edges & cut arm, hands or face	Low	Emphasise danger of plastic bottles. Teach safe disarms not involving touching broken area. Weapons regularly maintained
Plastic or metal chain, wooden or plastic cosh, baseball bat, bokken - possibility of catching other participants on reverse or forward swing.	Medium	Maintain ample distance between students training with these weapon.
Chair - possibility of dropping chair on self	Medium	Stop the technique part way through to remove the chair. Continue with the weapon at safe distance.
BB gun - danger of hitting nearby participant with bullet. Only area of danger is the eyes	High	All nearby participants wear safety glasses
Live blades - danger of cutting partner during disarm or attack	Medium	All live weapon work performed in safe area with direct supervision. All disarming & attacking at slower speed to ensure safety.
<u>Clothing</u>		

Risk	Likelihood	Precautions
Students wearing belts, buckles, jewellery, piercings - possible cuts or abrasions to other students	Medium	Ensure all participants do not wear these items
Long fingernails, toenails - cuts to other students	Low	Ensure all participants have short nails
<u>Illness & injury</u>		
Chronic illness or ill health (eg asthma) becomes a problem during a session	Medium	Full medical disclosure before student participates in a session. Medical booklet kept at front desk throughout training. Student ensures new illness/ill health recorded in booklet and instructors made aware of condition
Injury during session made worse by continuing to train	Medium	All injuries during sessions evaluated by first aider. In case of doubt continuing training is not permitted. Instructors keep careful watch for changes in students behaviour / techniques for signs of injury.
In session injury not properly treated	Medium	A first aider qualified by attendance at a recognised first aid course (including courses run by the governing body taught by a medical professional) is available at every session. Fully stocked first aid kit available at every session.
<u>Unarmed techniques</u>		
Risk of injury because technique too advanced for student	Low	Only teach students techniques to their ability (especially when throwing / falling is involved)
Risk of injury due to not being warmed up	Medium	Full warm-up at beginning of every session. If students cool down repeat general warm-up as required.

Risk	Likelihood	Precautions
Lack of concentration due to tiredness leads to injury	Medium	Ensure good variety of techniques (eg falling, throwing etc). Instructors to keep close eye on students for potential tiredness issues.
Injury from performing technique too fast (by attacker or defender)	Medium	Start techniques slowly and build up to full speed.
Multiple attackers - injury from one attacker hitting another attacker. Attacks come too quickly to defend.	High	Instuctor always present during multiple attack situations. Attackers are careful not to hit another attacker with their attack (especially when weapons are involved). Instructor guides rates of attack to defenders skill.

Weapons risk assessment sheet

Date of session:

Instructor:

Assistant Instructors Present:

Defence Weapons

What weapons are being taught (please circle). Indicate grades being taught to after the weapon

e.g. : Plastic Bottles: Yellows and Oranges 5 in total

Plastic Bottle

Plastic Knife

Plastic Broken Bottle

Plastic Cosh

Plastic Chain

Plastic Gun

Kick pad (instead of a real chair)

Wooden Knife

Wooden Cosh

Wooden Chair

Baseball bat

Bokken

Bo

Live Knife

Glass bottle

Glass broken bottle

Metal chain

Katana

Wakasashi

BB Gun

Other: please specify

Kubudo

Bo

Bokken

Jo

Katana

Wakasashi

Cosh

Other: please specify

Risk assessment

Please tick the following measurements you have taken out to reduce risk of injury

Precautions	
Ensure weapons are only taught to the correct syllabus, or to those with sufficient skills. Begin teaching at slow speed and only increase speed as competence improves.	
Ensure sufficient space between people training with weapons	
Emphasise & check weapons to be immediately picked up	
Weapons checked to be in good condition	
Emphasise danger of plastic bottles. Teach safe disarms not involving touching broken area.	
Chairs: Stop the technique part way through to remove the chair. Continue with the weapon at safe distance.	
Guns: all nearby participants wear safety glasses	
All live weapon work performed in safe area with direct supervision. All disarming & attacking at slower speed to ensure safety.	
Instructor always present during multiple attack situations. Attackers are careful not to hit another attacker with their attack (especially when weapons are involved). Instructor guides rates of attack to defenders skill.	