

# Crewe Judo Club Risk Assessment



Risk Assessment produced by Chris Sharpe April 29<sup>th</sup> 2023

Will be reviewed/updated after each session

<b>Number Unique ID</b>	<b>Hazard Identify which parts of the activity are hazardous?</b>	<b>People at Risk Club members, participants, spectators etc.</b>	<b>Risk Factor Does the hazard constitute a high, medium or low risk to those involved?</b>	<b>Control Measure What will need to be put in place to ensure that this hazard and risk does not result in accident and injury?</b>
R1	Injury from a throw (Randori-waza)	All participants	Medium	<ul style="list-style-type: none"> <li>All judo practiced on martial art mats (tatami) to soften falls.</li> <li>Throws are only taught after participants have learned proper break fall technique.</li> </ul> <p>Participants are constantly observed by BJC qualified Judo coach</p>
R2	Injury from a ground technique (Newaza)	All participants	Medium	<ul style="list-style-type: none"> <li>All judo practiced on martial art mats to lessen any impact/friction.</li> <li>Practitioners will be taught the importance of applying submission techniques (arm locks and strangles) in a controlled manner.</li> <li>Practitioners will be taught the importance of 'tapping out' to control the impact of a submission technique when applied on them.</li> </ul> <p>Participants are constantly observed by BJC qualified Judo coach</p>
R3	Faulty mats	All participants	Low	<ul style="list-style-type: none"> <li>Judo only uses martial art mats/crash mats. If mats are damaged they will not be used and will be reported to the Head Coach.</li> <li>Only industry standard martial arts mats will be used</li> </ul>

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R4	Over exertion/dehydration/exhaustion	All participants	Low	<ul style="list-style-type: none"> <li>Participants are encouraged to take regular breaks to rehydrate themselves.</li> </ul>
R5	Pulled muscles/strains	All participants	Medium	<ul style="list-style-type: none"> <li>At the start of every session all participants must partake in the group warm up.</li> </ul>
R6	Cuts and abrasions	All participants	Medium	<ul style="list-style-type: none"> <li>All judo practiced on martial art mats to lessen any impact/friction.</li> </ul> <p>Cuts should be immediately cleaned and dressed before being allowed to continue.</p>

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R7	Contraction of infectious diseases from contact with blood	All participants	Low	<ul style="list-style-type: none"> <li>Cuts should be immediately cleaned and dressed before play/contact is allowed to continue.</li> <li>All traces of blood should be immediately removed from the mat, and the mat disinfected with an anti-bacterial and anti-viral surface cleaner.</li> </ul>
R8	Putting out / putting away judo mats	All participants	Low	<ul style="list-style-type: none"> <li>When martial art mats have to be moved, the process will be supervised by a qualified BJC judo coach who can instruct on proper lifting technique</li> </ul> <p>All participants are o14yrs</p>