

British Kyokushinkai Karate

Generic Risk Assessment for Karate Training under Covid restrictions



Summary Sheet			Area: Dojo		Key Element: Karate training sessions			
Reference Number	Task/Activity	Who is at Risk?	Hazard Identification	Control Measures	Severity	Probability	Risk Rating	Comments
BKK/RA/02/ CV19	Kihon/Kata/ bagwork/ Stamina Training	Junior and Senior Students	Muscle strains and sprains	Ensure students are warmed up and have stretched prior to commencing session	3	2	6	<p>Government advice for Covid 19 must always be followed. Masks may be required, and the student should not expect that the instructor will supply them so must have own stock.</p> <p>Follow government guidelines and venue risk assessment for social distancing and hand washing, Instructor to have sanitising wipes to clean down bags if used and hand sanitizer if running water and soap not available at venue</p> <p>See BKK Method Statement BKK/MS/02/CV19 for further advice</p>
			Dehydration	Breaks for water	2	3	6	
			Slips/trips and falls from inadequate surface or use of improper technique.	Ensure surface free from hazards and/or matted if available. Ensure student properly instructed in break falls/techniques in use	4	2	8	
			Possible Covid 19 infection/ possibility of passing On Covid 19 infection	Observe social distancing and hand washing instructions in venue risk assessments Do not exceed venue limitations on	5	3	15	

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				<p>students.</p> <p>Keep toilet breaks to a minimum for duration of training, advise students to go to toilet before leaving home if possible.</p> <p>No parents in dojo unless absolutely necessary.</p> <p>Maintain 2m distancing in all areas.</p> <p>have spare masks and hand sanitizer/wipes in vehicle or training bag to clean down any bags or equipment used in vehicle before and prior to use.</p> <p>Clean equipment and wash and iron Gi (as sanitising operation) after each training session, do not leave in bag in car</p>				
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Signed (Dojo's Senior Instructor).....Print Name.....Date:.....

Key to scale used in risk assessment

With regard to SEVERITY the figures indicate:

- 1: Little or no risk of injury or ill health
- 2: Minor injury (first aid treatment), no stoppage
- 3: More serious injury or ill health, could result in absence
- 4: Major injury, broken bones, dislocation, severe laceration
- 5: Fatal injury or ill health that could result in death

With regard to PROBABILITY the figures indicate:

- 1: Little risk of injury or ill health,
- 2: Remote possibility that ill health or injury could occur
- 3: Incident may happen if other factors precipitate it
- 4: It is probable; effects of humans or other factors could cause the event
- 5: If the task continues, then it is certain that injury or ill health will occur