

Northstowe Karate Club Risk Assessment

| Hazard | Risk Level | Mitigations |
|--|------------|---|
| Slipping / tripping / Cuts / Blisters from floor | Low | <ul style="list-style-type: none"> • Clear floor of trip hazards before training begins • Personal items kept to the edge of the room to avoid trip hazards |
| Pull muscle | Medium | <ul style="list-style-type: none"> • Warm up to be performed at start of lesson to reduce risk of pulled muscles |
| Fainting | Low | <ul style="list-style-type: none"> • Water breaks provided during hot weather • Instructor to monitor students fitness levels and have sufficient breaks where required |
| Collisions | Low | <ul style="list-style-type: none"> • Instructor to ensure enough space for students |
| Injury from clothing / jewelry | Low | <ul style="list-style-type: none"> • Jewelry / clothing that can cause injury must either be removed or appropriately covered |
| Injury from sparring (fighting) | Low | <ul style="list-style-type: none"> • Students only spar once they've reached appropriate level/ability • Controlled techniques to be performed • Sparring will cease if techniques are not to the required standard • Protective equipment worn for freestyle |
| Fire | Low | <ul style="list-style-type: none"> • Fire exits pointed out to students and instructors |