

Shiranamikai

Risk Assessment

This risk assessment identifies foreseeable hazards associated with the daily operations and activities of the club across each of the venues in which it operates. The objective is to implement proportionate control measures that reduce risks to an acceptable level (to be as low as reasonably practicable), ensuring the health, safety, and welfare of students, employees and volunteers.

Security

From within the dojo to monitor the arrival and departure of persons, especially where children are concerned. Beware of unauthorized access and be prepared to challenge unknown individuals. Premises security control measures are operated by the facility. Advise centre security/management of any suspicious behaviour.

Doors

Blocked doors or windows could impede exit in an emergency. Ensure they are in working order, unchained and clear of obstruction. Where action is needed advise centre management.

Collection and Drop-Off

All young children are to be collected on time by their parent, guardian or nanny. This person should be pre-arranged and known to the child. If this person is late, they must contact the instructor or venue reception/security as appropriate. A responsible decision may need to be taken over an appropriate safe place for the child to await collection eg. reception/security and the venue management may need to be notified.

Equipment

Check the space is suitable for exercise eg. free of falling objects, slip hazards, sharp edges etc. Trailing cables may present a trip hazard or even electric shock. Equipment contained within the area should be kept tidy and secure. Advise centre management if action required.

Physical Activity

General muscle aches is to be expected following any exercise. Students may also experience muscle strains and bruising to the arms or legs from partner work. To mitigate, students should warm-up, stretch and be supervised during training. Techniques should be explained and a degree of control emphasised during partner work. Contact to be limited for beginners. Encourage considerate practise and stretching at home.

Food & Drink

Drinks are to be kept clear of the activity area as spillages may pose a slip hazard. Store to the rear or side of the dojo as directed. There is to be no food consumed directly before or during exercise in the dojo.

Record Keeping

It is important that we have up-to-date contact details and a list of attendees in case of an emergency. In some cases this may fall under the remit of the venue which will hold specifics of a student.

Evacuation Procedure in an Emergency

Be clear on the evacuation procedure for a given venue. Ensure all students are accounted for. Exit in an orderly manner to predetermined point. Coordinate with venue management.

Accidents

May occur by way of impact or a fall. Deal with incidents effectively. Refer to first aid training where appropriate. Seek assistance from other team members or venue. Complete accident report. Facility to ensure availability of first aid kit and defibrillator on site. Recommendation to seek further medical advice if considered necessary. Notify venue management.