**Karate Club**

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| Location: | Studio 1 |
| Assessor: | Elle Lydon |
| Persons at risk: | Participants and Spectators |

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| Hazard (H)  Hazardous Event (HE)  Consequence (C) | Pre-Control Risk Rating | | | Control Measures | Post Control Risk Ratings | | | Comments |
| L | S | Risk Score |  | L | S | Risk Score |
| H – airborne illnesses  HE – illness being transmitted to people via dust particles/respiratory droplets  **C – Contracting the virus/germs resulting in consequences ranging from being asymptomatic to death** | 2 | 7 | 14 (Medium) | Ensure that anyone with illness (cold, flu etc.) do not attend training sessions, matches to minimise spread of infection – based on outdoor session. | 1 | 7 | 7 (Low) | Club to ensure that any participants that are ill, are checked up on in following days. If there is a case of someone attending and had COVID at a session, club to contact attendees and recommend they undertake a lateral flow test. |
| H - **equipment contaminated with coronavirus/germs**  **HE – People coming into contact with the virus/germs via handling the equipment**  **C – Contracting the virus/germs resulting in consequences ranging from being asymptomatic to death** | 2 | 7 | 14  (Medium) | All equipment will be sprayed by session leads before the event starts with a diluted bleach solution and left for 1 minute before being wiped dry and clean with a new clean tissue paper cloth. Then they will also be sprayed with Dettol and again left for 1 min and wiped dry and clean with a new clean tissue paper cloth.  This same procedure will occur after the equipment is used and before being handled by a new participant.  Participants asked to use hand sanitiser (minimum of 80% alcohol content) pre and post handling equipment. | 1 | 7 | 7 (Low) | Sanitise equipment throughout session if lots of people are using the small equipment (e.g pool cues) |
| H – foreign objects on floor  HE – trips and falls  C – Cuts, bruises, sprained joints | 3 | 4 | 12  (medium) | Session leads to check training surface beforehand and remove any objects which might pose a trip hazard. | 1 | 4 | 4  (low) | Session leads to ensure nothing is left on any surfaces used after use. |
| H- lack of preparation before training session (warm up)  HE- participating in exercise session without adequate warm up  C- Potential injuries such as to their muscles | 3 | 5 | 15  (medium) | Session leads will ensure everyone takes part in the warm up part of the session and all attendees who show up later to the session, will be asked to do an individual warm up prior to joining the main session. | 1 | 5 | 5  (low) | Session leads will ensure that preparation before sessions is a priority, to prevent avoidable injuries. |
| H – Pre-existing injury  HE – participating in physical activity with a pre-existing injury  C – Aggravate/worsen a pre-existing injury (e.g. tears an ACL) | 5 | 6 | 30 | Attendees to make coach aware of any pre-existing injuries.  Student to opt out of any form of physical activity which might worsen their injury.  Coaches keep tabs on participants’ previous injuries and check on their welfare. | 2 | 6 | 12 |  |
| H- Body injuries due to contact sport.  HE- engaging in fights, where contact may occur.  C- Injuries may include, cuts, bruises. | 3 | 5 | 15  (medium) | Session leads will control the amount of contact that happens in the sessions. If contact is allowed (for individuals who are more advanced), the individuals will be provided with protective equipment such as gloves and gumshields (if required). | 1 | 5 | 5  (low) | Session leads will only allow student to engage in these fights, when students have developed the skills to fight, without causing injuries to occur. |

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| **The person signing this assessment must check the information above to ensure it is relevant to this operation on this site. Additionally, any additional controls measures deemed necessary must be included.** | | |
| **Signed Author** | **Elle Lydon** | **Date: 04/11/2022** |
| **Signed Checked By** | **Rob Neale** | **Date: 06/02/2023** |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
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