

<b>AWE JUDO CLUB</b>				<b>Risk Assessment</b>	
<b>Impact</b>		<b>Likelihood</b>		<b>Reference No:</b>	AWE/JC/004
	Points		Points	<b>Assessed By:</b>	R Drake
Trivial	1	Unlikely	1	<b>Approved By:</b>	I S Stringer
Minor	2	Possible	2	<b>Issue Date:</b>	16/7/2023
Moderate	3	Probable	3	<b>Revision Date:</b>	1/7/2026
Major	4	Certain	4		

<b>Hazard</b>	<b>Consequences</b>	<b>Persons affected</b>	<b>Existing Control Measures (Where appropriate)</b>	<b>Impact</b>	<b>Likelihood</b>	<b>Total Risk</b>	<b>Additional Measures (Where appropriate)</b>
<b>VENUE</b>							
Building fire	Injury / death	Players and spectators	<ul style="list-style-type: none"> <li>Fire alarms in building</li> <li>Coaches are aware of emergency exit routes and assembly point</li> </ul>	2	1	2	If there are any concerns with regards to the room it is reported to the AWE Recreational Society Secretary
Ceiling tiles and/or lights fall	Injury	Players and spectators	<ul style="list-style-type: none"> <li>The building is maintained by a reputable company</li> <li>Coaches perform a visual inspection prior to using room</li> </ul>	2	1	4	
<b>PREPARATION</b>							
Injury transporting mats. Includes: unloading (from pile), carrying, laying, and	Injury	Players and helpers	<ul style="list-style-type: none"> <li>Junior players are only allowed to carry mats with 2 juniors per mat</li> <li>No-one is forced to help with the mats</li> <li>Adults perform their own</li> </ul>	2	2	4	<ul style="list-style-type: none"> <li>Current mats are 2m<sup>2</sup>.</li> <li>Consider replacing mats with mats 1m<sup>2</sup> which are smaller, lighter and are easier to handle.</li> </ul>

Hazard	Consequences	Persons affected	Existing Control Measures (Where appropriate)	Impact	Likelihood	Total Risk	Additional Measures (Where appropriate)
loading (onto pile).			assessment and take appropriate action.				
Mats do not absorb the fall of an adult	Impact injury	Players	<ul style="list-style-type: none"> <li>The mats are sufficiently dense and resilient that an adult's fall is absorbed without feeling that the floor has been reached.</li> <li>The mats are suitable and sufficient for adult judo.</li> <li>Players are taught to breakfall correctly and should not need mats.</li> </ul>	2	1	2	
Damaged mats	Injury, broken toes, twisted knees etc.	Coaches and players	Coaches inspect mats, replace\damaged mats	2	1	2	All Coaches: <ul style="list-style-type: none"> <li>are first aid trained</li> <li>have access to first aid equipment</li> <li>have access to a phone</li> </ul>
Gaps between mats	Injury, broken toes, twisted knees etc.	Coaches and players	<ul style="list-style-type: none"> <li>Coaches inspect mats once the mats have been laid.</li> <li>The mats have non-slip backing</li> <li>During sessions Coaches continually monitor the mat area for gaps and take appropriate action.</li> </ul>	2	1	2	
Incorrect Clothing/	Injury eg dislocated or	Players	Coaches inspect clothing; players not allowed to	2	1	2	All Coaches: <ul style="list-style-type: none"> <li>are first aid trained</li> </ul>

Hazard	Consequences	Persons affected	Existing Control Measures (Where appropriate)	Impact	Likelihood	Total Risk	Additional Measures (Where appropriate)
Unsuitable Clothing	broken fingers		participate if clothing inappropriate				<ul style="list-style-type: none"> <li>• have access to first aid equipment</li> <li>• have access to a phone</li> </ul>
<b>RUNNING OF SESSION</b>							
Unqualified staff run sessions	Injury	Players	<ul style="list-style-type: none"> <li>• All AWE Coaches are all BJA qualified coaches</li> <li>• Guest coaches are BJA qualified coaches</li> </ul>	4	1	4	Sessions do not take place unless they are run by a BJA Qualified Coach.
Exercise	Pulled muscles, torn ligaments etc	Players	Warm-up and cool-down exercises	1	1	1	BJA qualified coaches are trained to select appropriate exercises
Coaches and players wear hard objects (eg jewellery)	Injury eg dislocated or broken fingers, cuts	Players and Coaches	<ul style="list-style-type: none"> <li>• Players are not allowed to wear hard objects on the mat</li> <li>• Coaches monitor players</li> </ul>	3	1	3	
Walls of dojo	Impact injuries if players fall or thrown into wall	Players	<ul style="list-style-type: none"> <li>• Gap between edges of mat and walls</li> <li>• Trained coaches with a maximum ration of 1 coach per 20 players</li> </ul>	3	1	3	
Player thrown off mat	Impact injuries	Players	<ul style="list-style-type: none"> <li>• Players are told to keep away from the edges</li> <li>• Coaches watch the players</li> </ul>	2	2	4	The mat area has a clearly marked "safety" area.

Hazard	Consequences	Persons affected	Existing Control Measures (Where appropriate)	Impact	Likelihood	Total Risk	Additional Measures (Where appropriate)
			<ul style="list-style-type: none"> <li>Only shoes and soft objects permitted at the edges of the mats.</li> <li>Breakfall should prevent injury</li> </ul>				
Throwing technique performed badly	Injury eg winding, fracture)	Players	<ul style="list-style-type: none"> <li>All throws are done on mats to lessen the impact of the fall.</li> <li>Qualified Coaches who will identify and correct poor techniques.</li> <li>Players are taught to breakfall correctly</li> <li>Players are taught throwing techniques consistent with their ability.</li> </ul>	3	1	3	
Groundwork technique performed badly	Injury (eg damage to joints and bones, strangles and chokes)	Players	<ul style="list-style-type: none"> <li>Players taught how to perform techniques correctly</li> <li>Qualified Coaches who will identify and correct poor techniques.</li> </ul>	3	1	3	
A player performs an unsafe act	Injury	Players and Coaches	<ul style="list-style-type: none"> <li>Players are made aware of the AWE Judo Safety Rules for example, see the web site)</li> <li>Coaches teach players how to</li> </ul>	4	1	4	

Hazard	Consequences	Persons affected	Existing Control Measures (Where appropriate)	Impact	Likelihood	Total Risk	Additional Measures (Where appropriate)
			perform techniques safely.				
Player tries a technique too advanced for grade	Player injured. (The player could be Tori, Uke or both)	Players	<ul style="list-style-type: none"> <li>• Qualified Coaches</li> <li>• Coaches aware of the standard of the players in the class</li> <li>• High Coach to player ratio. (Ratio is less than 1:20)</li> </ul>	3	1	3	
Players thrown into spectators	Spectators injured	Spectators	<ul style="list-style-type: none"> <li>• Ensure all spectators are kept away from the mat</li> <li>• The players are always supervised by a coach</li> </ul>	3	1	3	All Coaches: <ul style="list-style-type: none"> <li>• are first aid trained</li> <li>• have access to first aid equipment</li> <li>• have access to a phone</li> </ul>
Player participates with an ongoing medical condition aggravates an injury	Aggravates a medical condition	Player	<ul style="list-style-type: none"> <li>• It is the responsibility of all players to disclose all medical conditions that may affect their safety during a session</li> <li>• When players join the club (or attend a session) they are asked to disclose any medical conditions</li> <li>• The Coach will assess if the player can participate and if any restrictions must be applied.</li> </ul>	2	2	4	
Player continues to participate in a	Aggravates an injury	Player	Following a player sustaining an injury the Coach will decide if the player can continue:	2	2	4	

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session following being injured			<ul style="list-style-type: none"> <li>Without any restrictions</li> <li>With restrictions.</li> </ul>				
Dehydration	Headaches, heat exhaustion	Player	<ul style="list-style-type: none"> <li>Players encouraged to re-hydrate during session</li> </ul>	2	2	4	
Blood on clothing and/ or mat	Players infected	Players	All clothing, equipment and surfaces contaminated by blood will be viewed as potentially infectious and treated accordingly.	1	3	3	

**RISK ASSESSMENT ACTIONS**

Activity		Reference No.	
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Action Required	By Whom	Priority	Deadline for Completion	Date Completed	Signature
None Required					

Name of Assessor	R C Drake	Signature of Assessor	R C Drake	Date actions passed to individuals for action:	N/A
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**RISK ASSESSMENT MATRIX**

		RISK			
Impact	4	4	8	12	16
	3	3	6	9	12
	2	2	4	6	8
	1	1	2	3	4
		1	2	3	4
		Likelihood			

Impact	
4	Major Injury
3	Moderate Injury
2	Minor Injury
1	Trivial

LIKELIHOOD	
4	Certain
3	Probable
2	Possible
1	Unlikely

The aim is to reduce the risk by prevention or control measures so far as is reasonably practicable.

**Explanatory Note:**

**Risk**

- 11-16 Unacceptable – high risk; the risk is unacceptable and improved control measures shall be implemented before the event or activity is allowed to take place
- 6-10 Tolerable – medium risk; the risk level is tolerable but ways should be sought to improve control measures is possible
- 1-5 Acceptable –low risk; the risk level is acceptable and further improvement to control measures are not necessary

All agreed actions must be given a low, medium, high or immediate priority.

- Low** 6 months to complete
- Medium** 3 months to complete
- High** 1 month to complete or to make satisfactory progress
- Immediate** Activity should not proceed until satisfactory progress has been made.