

Leeds University Union

Risk Assessment

Name of Group		Judo		Date of Assessment	05/07/2010	
Hazards?	Who might be harmed and how?	What are you doing already?	What further action is necessary?			
			Action required	By whom	when	Done
Slips, Trips and Falls	Judoka, Coaches and Spectators	Ensuring all spills (drink, blood etc) are cleaned immediately, All hazards are made aware of and suitable seating areas are offered to spectators. Liquids are not allowed on the mat area				
Performing Judo	Judoka, Coaches	Ensure all techniques are taught correctly and to a high standard. Bad habits are immediately removed and all Judoka are taught how to fall correctly				

Carried out by

Chris Barnes

Review Date

05/07/2010

21/9/10

CHRIS BARNES

~~C. Barnes~~

ROBBIE W CZEW
B.E. WILSON

PETE CHAPMAN

Leeds University Union
P. Chapman

<p>Mat Area</p>	<p>Judoka, Coaches</p>	<p>Everyone present on the mat is made aware of its boundaries. Any movement in the mat area is dealt with immediately to ensure gaps don't appear. Spillages are cleaned up as soon as they occur. Only mats of good repair are used for sessions</p>				
<p>Emergency Points</p>	<p>Judoka, Coaches and Spectators</p>	<p>Everyone is made aware of the sports centres emergency procedures and emergency exits are made clear.</p>				

Metal Objects	Judoka, Coaches	Hair bands, Jewellery and zips on clothing of beginners cannot be worn on the mat. Braces must be covered with a gum shield				
Non-metallic Objects	Judoka, Coaches	Festival bands and other non metallic jewellery cannot be worn on the mat				
Exhaustion	Judoka, Coaches	A balanced workload is kept throughout the session with comprehensive exercises at the beginning and end of sessions. Drinks are consumable throughout the session				

		<p>Everyone is taught the correct manner for lifting the mats at the beginning and end of sessions. This also carries over into techniques performed during sessions. Correct posture is always encouraged</p>		
		<p>Beginners are taught how to fall correctly and good technique is instilled from the start. Experienced Judoka are made aware of mistakes that beginners make and are told to be wary when practicing with them</p>	<p>Judoka</p>	<p>Inexperience</p>