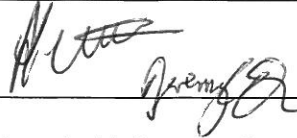


Murrays Taekwondo
RISK ASSESSMENT FORM
 Ref No : MTKDRA10

1. General information

Date of Assessment	25th July 2010	Signature:	
Assessment made by Name: Job Title	Andrew Murray Chief Instructor	Premises/Location:	Leeds University Sports Centre, Hall 2
Persons/Group Assessed:	Club Members & Visitors	Activity/Task assessed:	Tae Kwon Do

2. Hazards

<p>List all significant hazards likely to affect health and safety of the person(s) concerned.</p> <p>Using the following criteria (low, medium or high) indicate in the right hand column the level of hazard is thought to be:</p> <p>High - Death, (major injury or serious illness likely to occur).</p> <p>Medium - Serious injuries or ill health are likely to occur, for example people may be off work for more than 3 days as a result (but not hospitalised).</p> <p>Low - Where other less serious injuries could arise, for example where injuries may not necessitate time off work or may involve time off work for up to 3 days.</p>	No.	Hazard	Criteria L-M-H
	1.	Slips, Trips, Falls	M
	2.	Risk of injury from contact with walls and protrusions from walls (fire alarms, thermostats etc)	M
	3.	Risk of injury from contact with items stored in gym (benches, sport equipment, sports bags)	M
	4.	Risk of injury from striking contact between members	M
	5.	Risk of injury from striking pads	M
	6.	Risk of injury from contact with floor	M
	7.	Risk of injury from striking boards (destruction)	M
	8.	Fire	H

3. Control measures in place

	No.	Control measure
<p>Is the risk adequately controlled:</p> <p>Have you already taken precautions against the risks from hazards you listed? For example, have you provided:</p> <ul style="list-style-type: none"> • Adequate information, instruction or training? • Adequate systems or procedures? <p>Do the precautions:</p> <ul style="list-style-type: none"> • Meet the standards set by a legal requirement? • Comply with a recognised industry standard? • Represent good practice? • Reduce risk as far as reasonably practicable? <p>If so, then the risks are adequately controlled, but you need to indicate the precautions you have in place. You may refer to procedures, manuals, company rules, etc. giving this information.</p> <p>Against hazard, list existing controls or where the information may be found.</p>		<p>Check of gym area by Instructor prior to training commencing. Check for wet patches and damage to floor.</p> <p>First Aid Kits/First Aid Personnel available.</p> <p>Fire exits identified and clear.</p> <p>Clear all equipment in room to sides or storage area prior to training. Ensure members are aware of dangers of equipment at sides.</p> <p>Instructor present</p> <p>Sensible instructor to student number ratio for specific activity</p> <p>Members are instructed in techniques to be practised</p> <p>Adequate lighting</p> <p>Warm up and cool down routines</p> <p>Regular breaks, welfare facilities available</p> <p>Removal of jewellery, glasses etc.</p> <p>Trainers not to be worn except during warm ups (mat shoes permitted).</p> <p>Pad work drills Demonstrations to be given if required for techniques Members to use pads when performing techniques</p> <p>Self Defence Demonstrations to be given of techniques Members to be briefed on appropriate levels of control</p> <p>Sparring Drills / Sparring Semi-Contact rules to apply when sparring Minimum appropriate protective equipment to be worn – hand and feet pads If minimum appropriate protective equipment unavailable, non-contact rules apply when sparring Additional protective equipment to be encouraged – head guard, groin guard, shin pads, mouth guard.</p> <p>Breaking / Destruction Only re-breakable plastic or supplied wooden boards to be used. Only instructed techniques to be performed</p>

4. Risks

For each of the above hazards indicate the likelihood of the hazard (s causing actual harm by using the following risk potential criteria.

High - Where it is more likely or near certain that harm will occur.

Medium - Where harm is possible/likely to occur.

Low - Where harm is unlikely/highly unlikely and will seldom occur.

Hazard No.	Risk criteria	Hazard No.	Risk criteria
1.	Low	5.	Low
2.	Low	6.	Low
3.	Low	7.	Low
4.	Low	8.	Low

5. List of persons affected

Members of Murrays Taekwondo, Amateur Martial Association and other guest martial arts club members	

6. Carry forward the hazard and risk criteria to the risk estimator

Using the following risk estimator, assess the likelihood of the hazard and the risk coming together and the levels of risk which exist - low, medium or high			
HAZARD CRITERIA RISK CRITERIA	LOW HAZARD (Slightly harmful)	MEDIUM HAZARD (Moderately harmful)	HIGH HAZARD (Extremely harmful)
LOW RISK POTENTIAL Highly unlikely/unlikely	LOW RISK (Trivial)	LOW RISK (Acceptable)	MEDIUM RISK (Moderate)
MEDIUM RISK POTENTIAL Likely/possible	LOW RISK (Acceptable)	MEDIUM RISK (Moderate)	HIGH RISK (Substantial)
HIGH RISK POTENTIAL (More likely/near certain)	MEDIUM RISK (Moderate)	HIGH RISK (Substantial)	HIGH RISK (Intolerable)
Hazard No.	Risk Assessment L-M-H	Hazard No.	Risk assessment L-M-H
1.	Low - Acceptable	5.	Low - Acceptable
2.	Low - Acceptable	6.	Low - Acceptable
3.	Low - Acceptable	7.	Low - Acceptable
4.	Low - Acceptable	8.	Medium - Moderate

7. Further action required

No.	Further measures required	By when
	Not Applicable	

What more could you reasonably do for those risks which you found were not adequately controlled?

You will need to give priority to those risks, which affect large numbers of people and/or could result in serious harm. Apply the principles below when taking further action, if possible in the following order:

- Remove the risk completely
- Try a less risky option
- Prevent access to the hazard (e.g. by guarding)
- Organise work to reduce exposure to the hazard
- Issue personal protective equipment
- Provide welfare facilities (e.g. washing facilities for removal of contamination and first aid)

8. Monitoring

What monitoring procedures (if any) should be put in place?	Hazard No.	Monitoring Procedures
		<p>Accident/near miss statistics</p> <p>Supervisor Observation and Dynamic Risk Assessment</p>

9. Review

When should this assessment be reviewed?

August 2011

10. Additional information

Any additional information, that you may wish to add can be included here, using separate sheets if necessary.

Certain elements of training in martial arts have inherent risks (such as sparring, application of techniques). To attempt to completely eliminate these risks would make training useless and would reduce the content to nothing more than a fitness class.

Members are aware of this fact and enter into the training sessions of their free will knowing that although measures are in place to minimise risk, the risk exists and that accidents resulting in injury can and do happen.

By far the most potentially dangerous risk is from persons with a 'bad attitude' who wilfully use excessive force. Such people and their actions are quickly identified and firstly advised regarding their behaviour then barred from taking part. This policy forms part of the club rules that all members of Murrays Taekwondo must read, sign and agree to abide by.

Assessment read and agreed by:	Signature	Date
Andrew Murray Chief Instructor		
Matt Wharton Club Assistant Instructor		
Elaine Wharton Club Assistant Instructor		
Simon Pritchett Club Assistant Instructor		