Risk Assessment Guidance

The assessor can assign values for the hazard severity (a) and likelihood of occurrence (b)  
(taking into account the frequency and duration of exposure) on a scale of 1 to 5,   
then multiply them together to give the rating band:

|  |  |
| --- | --- |
| Hazard Severity (a) | Likelihood of Occurrence (b) |
|
| 1 – Trivial (eg discomfort, slight bruising, self-help recovery) **2 – Minor** (eg small cut, abrasion, basic first aid need)  **3 – Moderate** (eg strain, sprain, incapacitation > 3 days)  **4 – Serious** (eg fracture, hospitalisation >24 hrs, incapacitation >4 weeks)  **5 – Fatal** (single or multiple) | **1 – Remote** (almost never)  **2 – Unlikely** (occurs rarely)  **3 – Possible** (could occur, but uncommon)  **4 – Likely** (recurrent but not frequent)  **5 – Very likely** (occurs frequently) |

The risk rating (high, medium or low) indicates the level of   
response required to be taken when designing the action plan.

**Trivial**

**Minor**

**Moderate**

**Serious**

**Fatal**

|  |  |  |
| --- | --- | --- |
| Rating Bands (a x b) | | |
| **LOW RISK**  **(1 – 8)** | **MEDIUM RISK**  **(9 - 12)** | **HIGH RISK**  **(15 - 25)** |
|  |  |  |
| Continue, but review periodically to ensure controls remain effective | Continue, but implement additional reasonably practicable controls where possible and monitor regularly | -STOP THE ACTIVITY-  Identify new controls. Activity must not proceed until risks are reduced to a low or medium level |

**Remote**

**Unlikely**

**Possible**

**Likely**

**Very likely**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** |
| **2** | **4** | **6** | **8** | **10** |
| **3** | **6** | **9** | **12** | **15** |
| **4** | **8** | **12** | **16** | **20** |
| **5** | **10** | **15** | **20** | **25** |

|  |  |  |
| --- | --- | --- |
| Risk Assessment Record | | |
| Risk Assessment of:  Jiu Jitsu | Assessor(s):  Ojan Hodjat | Date:  31/05/2022 |
| Overview of activity / location / equipment / conditions being assessed:  The club runs sessions in the sports training village dojo. The mats present are permanent and also sprung, which reduces the risk of injury.  Traditionally, the club also hosts one regional session and one grading (for grades below Dan level) per year. Other teaching instructors are present for these events. The club also takes part in a National Competition twice per year.  Each session is taken by a *club instructor* who has qualified to at least dark blue belt level and has been appointed to this grade by the Jitsu Foundation. This position is also dependant on the completion of a number of instructor training courses and a first aid course.  Club Instructors are assisted by *assistant instructors* (purple belts and above), who have completed an instructor course and a period of assessed teaching practice. Upon completion, they are given a number of increased responsibilities, most notably the ability to carry out the warm up without the presence of a club instructor.  In addition to purchasing a sports membership on thesubath.com, all members of the club must hold a valid membership with The Jiu Jitsu Foundation (TJJF), which includes insurance cover. New and returning members are given two weeks at the start of term to complete a membership form. This form includes medical screening questions in order to identify any possible medical problems a beginner may have. These problems must be discussed with the person in charge of the mat (usually the club instructor) before the start of a session. This form must also be kept up to date, in the event of member sustaining new medical problems.  Training sessions typically comprise of practice of technique (appropriate to grade at all times) and demonstration of technique. During the practice of a technique, a technique will be demonstrated by the club instructor and then repeated by training groups. Typically this will be done in pairs, but, depending on the technique, it may also occur in groups. Demonstration of defence techniques usually consists of one of three events- a “square”, a “circle”, a “gauntlet” or a “V”. In a square, a Jitsuka will stand in the middle of four opponents (spaced around the jitsuka in a square) and defend against attacks from each opponent, moving clockwise or anti-clockwise around the square. Each square will be controlled by a competent jitsuka, typically a club instructor or an instructor.  In a Circle, a Jitsuka will stand in the middle of a circle, typically 5-8 other Jitsuka. The surrounding Jitsuka will then perform techniques on the person in the centre, who will then perform a defence. The Jitsuka in the centre has control over the pace of attack, and attacks only occur when eye contact is made.  In a gauntlet, a Jitsuka will stand at the end of two rows of opponents. They will then walk up and down the line and defend against attacks from random opponents. This will also typically be controlled by a club instructor or an instructor.  Finally, in a V, a Jitsuka will stand before two lines of opponents, which stand behind a sensei. The sensei will then instruct jitsuka from the lines to perform an attack on the defender who will then demonstrate a technique in defence. The sensei in charge of the V will control the rate at which attackers are released against the defender.  Training will also include breakfalling activities of various levels of complexity, appropriate to the grade and skill of the jitsuka.  The risks of concern to the club can be expected to be encountered in three main situations: during training, during travel to and from club events and during club social activities. As previously mentioned, training will normally take place at the STV dojo, but will also take place in other dojos for regional training sessions and national competitions. These risks are highlighted in the chart below. | | |
| Generic or specific assessment?  Generic risk assessment | Context of assessment | |

| # | Hazard(s) identified | Persons affected | Existing controls & measures | A | B | A x B | Additional controls required |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Injuries as a result of  muscle cramp | Anyone taking part in a training session | * Warm up session to be taken before start of session (warm up session to be taken by an instructor, or otherwise be supervised by a club instructor). * Training session to be followed by a “cool down session”. * First aid equipment to be provided to allow treatment   [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-Sulis-poster.pdf**](https://www.thesubath.com/pageassets/resources/sport/First-Aid-Sulis-poster.pdf)  [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf) | 1 | 2 | 2 |  |
| 2 | Injuries due to breakfalling  Various degrees of severity possible-   1. Bruises, joint sprains 2. Broken bones, back injury, concussion | Anyone taking part in a training session | * Breakfalling to be supervised by a club instructor or an instructor (with a club instructor also present) * Breakfalling techniques attempted to be appropriate to grade and experience * First aid equipment to be available for each session. * Emergency services contactable at all times. * All accidents to be recorded in club first aid book and reported to Sports Association and the Jitsu Foundation. * First Aid trained member to be present at all warm up and training sessions.   [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-Sulis-poster.pdf**](https://www.thesubath.com/pageassets/resources/sport/First-Aid-Sulis-poster.pdf)  [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf) | 2 | 3 | 6 |  |
| 4 | 3 | 12 | Instructors to drill safety before practicing breakfalling |
| 3 | Injuries during practice of techniques (possibly against multiple opponents).  Injuries of various degrees of severity possible-   1. Cuts and bruises, joint sprains 2. Broken bones, minor, non-permanent eye injury 3. Blindness, paralysis and death | Anyone taking part in a training session | * All training sessions to be taken by a club instructor * Warm up session to be taken before each training session * All warm up sessions (which may be taken by an orange belt) to be supervised by a club instructor, or carried out by an instructor * Training to be appropriate to a person’s grade and skill level * First Aid trained member to be present at all warm up and training sessions * Appropriate first aid equipment to be present at all sessions * Sessions to be cancelled in the absence of a training instructor * Emergency services contactable at all times. * Training weapons (wooden and plastic knives, wooden coshes, plastic chains, and wooden bokkens) to be used responsibly and under correct supervision. * Training weapons to be checked that they are in safe condition and removed from use if they are not. * All accidents to be recorded in club first aid book and reported to Sports Association and the Jitsu Foundation. * Sports Training Village management and Jitsu Foundation to be notified of details of any visits to Hospital Casualty Departments. * Pre-training checks to be carried out before the start of a session. * All members to abide by member requirements of The Jitsu Foundation.   [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-Sulis-poster.pdf**](https://www.thesubath.com/pageassets/resources/sport/First-Aid-Sulis-poster.pdf)  [**https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf**](https://www.thesubath.com/pageassets/resources/sport/First-Aid-STV-poster.pdf)  Specifically at National Competitions:   * Competitors to be in good health * All competitors to be aware of competition rules (notification of which is the responsibility of the club instructor) * First aid to be provided at national events by an appropriate organisation (for example, St John’s ambulance) * Contestants to be entered into categories appropriate to their grade (Atemi Nationals) and also size and weight (Randori Nationals) | 1) 2  2) 4  3) 5 | 1) 3  2) 1  3) 1 | 1) 6  2) 4  3) 5 |  |
| 4 | Injury of people watching training- i.e. possible injury from weapons released during practice of techniques. | Anyone watching training sessions | * Only club members who are training to be allowed on the mat. * Access to mat to be controlled by club instructor or highest grade at all times * In STV dojo, viewing area is protected by wall to waist height and glass screens in other parts | 1 | 1 | 1 |  |
| 5 | Accidents while travelling to regional’s & nationals  Bars and Clubs - Travelling to and from/between / refused entry. | Anyone travelling | * All Mini-bus drivers to be qualified to drive a mini-bus (i.e. complete MiDAS training). * Vehicles to have passed MOT test, be in road-worthy condition, and taxed. * If a coach is hired, the coach companies hired will have experienced and qualified drivers. Whilst travelling by coach, members will follow any instructions given by the drivers. * Sports Association to be informed of travel arrangements * If public transport is used, all bookings will be made by the trip leader or a designated individual to ensure bookings are together and made in advance, so the group can remain together. * For public transport, all members will be asked to use “the buddy system”, especially in groups larger than 5, and everyone must have a contact number to the group (trip leader and another designated individual), as well as as much of the group as possible so everyone have a number contact and no one will be left behind * Sports Association to be informed of travel arrangements | 4 | 1 | 4 |  |
| 6 | Bars and Clubs - Travelling to and from/between / refused entry. | Anyone participating in socials | * When attending local bars and clubs, those attending will be advised to travel in pairs/groups when leaving. * Any student that is intoxicated and unable to look after themselves should be taken home by others and looked after until alcohol levels have dropped. * When attending bars and clubs during trips, those attending should make sure they know their whereabouts, accommodation location, taxi numbers etc and follow the same controls as above. * If and when the society hosts an event in which alcohol is present designated committee members will remain sober. | 2 | 2 | 4 |  |
| 7 | Inappropriate kit, which can lead to injuries  to lower limbs. | Anyone taking part in a training session | Please refer to the guidelines set by the University Sports Department. <https://www.thesubath.com/pageassets/resources/sport/Facility-Rules-Regulations-2019-20-Clubs-Groups-and-Organisations.pdf> | **2** | **3** | **6** |  |
| 8 | Dehydration/Exhaustion | Anyone taking part in a training session | Insist on water being brought to sessions by all members. Act on the advice of coaches and officials if the player is unfit to continue. | **2** | **1** | **2** |  |
| 9 | People participating who are not medically fit | Anyone taking part in a training session | Ensure participants are eligible to participate – age, ability etc relevant to the session  Ensure participants are medically fir to participate, enquire in sensitive and confidential | **3** | **3** | **9** |  |
| 10 | Fire Evacuation Procedures | Everyone Present | Fire evacuation procedures in place on site, participants to follow the instruction of facility staff members. | **4** | **1** | **4** |  |
|  | Assessor signature: | Print name:  Ojan Hodjat | Review date:   * 31/05/2022 |  |  |  |  |