



## **HEALTH AND SAFETY POLICY**

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# ENGLAND KARATE

## EK RISK ASSESSMENTS

### Introduction

The keywords for EK risk assessments should be:

- a) Practicability – they should be documents that are useful, reflecting the reality of hazard and risk in the dojo
- b) Simplicity – they should communicate the findings clearly and quickly to those who need to know and be easy to use documents for club instructors.

The focus of the risk assessments are on the core activity – karate training within the dojo. It takes the view that the majority, though not all, of these risks and the measures that need to be taken to control them, are likely to be similar in all dojos. This means that for most of these risks, a generic approach can be taken towards risk assessment and this will help to reduce any paperwork burden on instructors at local level.

While it is an acknowledged intention of the risk assessment to reduce the burden on club instructors, it must be made clear to them that the generic elements of the risk assessment are not a panacea and that there will be local factors, usually environmental matters, that can only be addressed by them. The advisory note helps to do this. However, the generic risk assessment can provide a guide to the identification of some of these hazards and risks and appropriate control measures.

Karate is a martial art and is not an activity that can be made risk free; its members have to accept that injuries will occur from time to time. While sensible steps should be taken, to minimize the seriousness and frequency of injuries, the precautions that are taken should not be allowed to damage the authenticity of the martial art which is being practised within the context of a modern environment. That would be self-defeating. It is a matter of establishing acceptable risk within the parameters of a traditional martial art.

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2008



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| ENVIRONMENTAL HAZARDS                         |                                                                       |                                                                                                                           |                                                                                                                                                          |
|-----------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Significant Hazards                           | People at risk                                                        | Controls / precautions                                                                                                    | Review                                                                                                                                                   |
| 1. Slips and trips                            | Students, instructors, members of the public, sports centre staff etc | Ensure floor is in good condition and free of obstacles. Significant wet patches should be dried. Segregate if necessary. | Visual check by instructor before start of training session                                                                                              |
| 2. Fire                                       | As above, especially new students and visitors                        | Provision of means of fire escape. Persons in dojo to be aware of evacuation procedure                                    | As above                                                                                                                                                 |
| 3. Electric shock                             | Students, instructors, members of the public, sports centre staff etc | All electrical equipment to be properly maintained and if not isolated unplugged and removed                              | As above (if electrical equipment is not owned by the instructor then he should report the matter to the owner / keeper and check it has been made safe) |
| 4. Lighting / visibility                      | As above                                                              | To be adequate for the purposes of safe training, entry to and exit from, the dojo                                        | Club instructor before start of training session                                                                                                         |
| 5. Cuts / punctures from sharp objects        | As above                                                              | Ensure floor is in good condition and clear of obvious debris i.e. that which can be easily seen                          | As above                                                                                                                                                 |
| 6. Impact from unstable objects that may fall | As above                                                              | Ensure objects e.g. stacked chairs etc are removed / segregated from training area and spectators / public                | As above                                                                                                                                                 |



**PHYSICAL INJURIES/ HEALTH RISKS DURING TRAINING FROM CONTACT**

Significant Hazards

People at risk

Controls / precautions

Review



# ENGLAND KARATE

|                                                                                      |                                                |                                                                                                                                                                         |                                                                    |
|--------------------------------------------------------------------------------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| 1. Broken bones                                                                      | Students, instructor and members of the public | Experience and discipline of students. Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent existing injuries being made worse   | Annually by National Executive and Technical Committee             |
|                                                                                      | As above                                       | As above                                                                                                                                                                | As above                                                           |
| 2. Loss of teeth                                                                     | As above                                       | As above                                                                                                                                                                | As above                                                           |
| 3. Dislocation of joints                                                             | As above                                       | As above                                                                                                                                                                | As above                                                           |
| 4. Concussion                                                                        | As above                                       | Thorough warm up before training                                                                                                                                        | As above                                                           |
| 5. Strains and sprains                                                               | As above                                       | Training / experience and discipline of students. Careful supervision by club instructor. Keep nails short. Remove items of jewellery                                   | As above                                                           |
| 6. Cuts / broken skin                                                                | As above                                       | Existing health problems e.g Asthma should be made known to club instructor before training. Rest, take medication e.g. inhaler. If necessary arrange to go to hospital | By club instructor as necessary and before individual trains again |
| 7. Health effects linked to over exertion e.g feeling faint, seizure, breathlessness | As above                                       |                                                                                                                                                                         |                                                                    |



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## PHYSICAL INJURIES/ HEALTH RISKS DURING TRAINING FROM NON-CONTACT

| Significant Hazards                                                                  | People at risk          | Controls / precautions                                                                                                                                                     | Review                                                             |
|--------------------------------------------------------------------------------------|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| 1. Broken bones                                                                      | Students and instructor | Training / experience and discipline of students.<br>Careful supervision by instructor. Possible use of Personal Protective Equipment to prevent injuries being made worse | Annually by National Executive and Technical Committee             |
|                                                                                      | As above                | As above                                                                                                                                                                   |                                                                    |
| 2. Dislocation of joints                                                             |                         |                                                                                                                                                                            | As above                                                           |
| 3. Strains and sprains                                                               | As above                | Thorough warm up before training                                                                                                                                           |                                                                    |
|                                                                                      |                         |                                                                                                                                                                            | As above                                                           |
| 4. Cuts / broken skin                                                                | As above                | Training / experience and discipline of students.<br>Careful supervision by club instructor. Environmental factors most likely to cause this.                              | As above                                                           |
|                                                                                      |                         |                                                                                                                                                                            |                                                                    |
| 5. Health effects linked to over exertion e.g feeling faint, seizure, breathlessness | As above                | Existing health problems e.g Asthma should be made known to club instructor before training. Rest, take medication e.g. inhaler. If necessary arrange to go to hospital    | By club instructor as necessary and before individual trains again |



**PHYSICAL INJURIES/ HEALTH RISKS DURING COMPETITION**

Significant Hazards

People at risk

Controls / precautions

Review



# ENGLAND KARATE

|                                                                                                                                                      |                                                    |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Fire and other emergencies requiring evacuation                                                                                                   | Students, officials, venue staff and spectators    | Emergency exits to be clearly signed, unlocked and routes clear of obstructions                                                                                                                                                                    | Establish exits, routes, alarms etc with venue staff prior to competition. Venue staff to have overall control of evacuation                                                                        |
| 2. Slips and trips, cuts and punctures                                                                                                               | As above                                           | Floors to be kept dry and clear of obstacles<br>Competition areas and 1m safety zone, to be kept clear of e.g. bottles, towels, gum shield cases and other items of equipment                                                                      | Venue to review RE premises are under their control. National Executive and Technical Committee to consider suitability of venue if serious problems are identified<br><br>Venue to review as above |
| 3. Electric shock, Lighting / visibility and other risks arising from physical aspects of venue                                                      | As above                                           | All equipment to be properly maintained and adequate for purpose                                                                                                                                                                                   | Annually by National Executive and Technical Committee                                                                                                                                              |
| 4. Miscellaneous physical injuries during kumite e.g. broken bones, loss of teeth, dislocations, concussion, strains and sprains, cuts / broken skin | Competitors                                        | Refer to risks during training from contact risk assessment. Officials emphasize good control. Use of Personal Protective Equipment (mitts, gum shields compulsory)                                                                                |                                                                                                                                                                                                     |
| 5. Impact from competitors forced out of area                                                                                                        | Competitors, spectators, officials and venue staff | Maintain clear 1m safety zone around competition areas. Persons in zone to be kept to a minimum e.g. other team members and one instructor                                                                                                         | As above                                                                                                                                                                                            |
| 6. Health effects linked to over exertion e.g feeling faint, seizure, breathlessness etc                                                             | Competitors                                        | Refer to risks during training from contact risk assessment. Existing health problems to be made known to club instructor before entry. Doctor and 1 <sup>st</sup> aid personnel can assist if necessary<br><br>Medical or Venue staff to clear up | As above                                                                                                                                                                                            |
| 7. Infection from body fluids e.g. blood                                                                                                             | Competitors, officials, venue staff                |                                                                                                                                                                                                                                                    | Venue to review as above                                                                                                                                                                            |