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| Work/Activity: Jiu-Jitsu | | | |
| Training up to 3 times a week for up to two hours a time. This will include training in throwing, joint locks, weapon defence and striking. Occasional travel to events. | | | |
| Group: | Assessor(s): Adam Rossman | | Contact: jitsu@soton.ac.uk |
| Guidance/standards/Reference documents | Competence requirements | | |
| http://www.jitsufoundation.org/wp-content/uploads/2017/09/TJF\_Risk\_Assessment.pdf | **Role:** [who has what H&S responsibilities for each task e.g. event stewards] | **Skills, experience or qualifications** [what training/experience has this person had to undertake their H&S responsibilities] | |
| President- Adam Rossman (General Responsibility)  Sensei- Kaspar Kirby  (Responsible for training safety and first aid)  Sensei- Julian Raffle  (Responsible for training safety and first aid) | Performed risk assessments in an academic capacity.  Nationally qualified as an instructor with BJJAGB (incl. FA). Long experience in care; training as a nurse.  Nationally qualified as an instructor with BJJAGB (incl. FA). | |
| Risk assessments linked |
| Fire and Emergency assessments undertaken by the staff and management of Glen Eyre.  Risk assessments for external events, i.e. external competitions (No internal events are scheduled) |

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| Task | Hazards | Who might be harmed and how | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Residual risk  /9 | check SA/DM |
| Training | Death/ Injury | Students  Instructors | All instructors fully qualified and up to date on instruction and first aid procedures by national governing body.  First Aid Kit at the club.  Before any throwing takes place, students are trained in how to fall safely and the impact of throws is tailored to the skill level of the student.  Students wear appropriate kit, removing jewellery, wearing padded gloves for striking, and all students are strongly encouraged to purchase heavy gis for protection. Equipment is regularly inspected for damage.  Students are lead through a thorough warm up and cool down at the start and end of each session and strength and flexibility is gradually built up.  Students must provide the club with information concerning previous or long standing injuries so that instructors and first aiders are aware of the risks and can tailor their training accordingly.  Holes in the mats which are used for training are filled with smaller pieces of mat to avoid trapping toes (short term solution).  No more than 60 students per instructor is allowed per session so as to allow proper supervision.  If any of the above measures cannot be performed or are insufficient, training is cancelled/ adjusted as needed to abide by reasonable health and safety standards. | 7.5  (Impact 3, Risk 2.5) | Additional funds are being sought to replace the broken mats with NEW mats to provide a seamless surface for training. | President and Treasurer | 6 (Impact 3, Risk 2) |  |
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| Room Set Up | Injury | Students  Instructors | Students are told to avoid carrying equipment beyond their limits and the equipment is stored in a clean organised way to avoid unsafe piles. (Other clubs sharing the same storage space cannot be controlled but are asked for the same) | 4 (Impact 2, Risk 2) | n/a | n/a | n/a |  |
| Travel to Events | Death/ Injury | All | No vehicle should be overloaded and all passengers should wear seat belts. | 3(Impact 3, Risk 1) | n/a | n/a | n/a |  |

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| Reviewed By: | | Comments: |
| Responsible person (SA/DM): | Date: |  |
| SUSU H&S manager (where applicable): | Date: |  |

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| Likelihood | | | |
| Impact | 3 | 6 | 9 |
| 2 | 4 | 6 |
| 1 | 2 | 3 |

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| Likelihood | |
| Level | **Description** |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | May occur only in exceptional circumstances |

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| Impact | |
| Level | **Description** |
| High (3) | Major Injury or Death; Loss of limb or life-threatening conditions. In hospital for more than 3 days, and/or subject to extensive prolonged course of medical treatment and support. |
| Medium (2) | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months. |
| Low (1) | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |