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| **Work/Activity: Southampton University Judo Club** | | | |
| **Southampton University Judo Club**  **Tuesday 8-10pm**  **Thursday 6-8pm**  **Sunday 5-7pm** | | | |
| Group: **Southampton University Judo Club** | Assessor(s): Sarah Wilmore | | Contact: scw1e15@soton.ac.uk |
| Guidance/standards/Reference documents | Competence requirements | | |
| * **<http://www.hse.gov.uk/Risk/faq.htm>** * **British Judo Association Standards** | **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] | |
| * Coaches x 2 | * BJA Qualified Coach (Includes H&S) | |
| Risk assessments linked |
| * **Fire Risk Assessment** |

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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 |
| 1. Injury from a throw (Randoriwaza) | Standing Judo techniques require the throwing of an attacker. | If throws are performed badly or if the person being thrown falls badly, then injuries can occur. | Precautions: All throws are done on industry standard mats to lessen the impact of the fall. No throw will be performed until the student has demonstrated his/her ability to breakfall correctly. | **Likelihood**: 3 Bad falling and clumsy throwing happens occasionally with the novices.  **Severity**: 2-3 In rare cases serious injury to the spine and other vulnerable areas can occur, although usually being winded is the worst.  **Total** **Risk**: 9 |  |  |  |  |
| 2. Injury from a ground technique (Newaza) | Ground techniques involve arm locks (Kansetsu Waza), strangles, chokes (Shime Waza) and hold-downs. Armlocks are applied by locking the elbow joint – there is therefore obvious scope for injury but providing it is applied in a controlled manner and the defender submits promptly there should not be a problem. Strangles involve cutting off the blood supply to the brain and chokes involve compressing the windpipe | Experienced Judo people (Judoka) can resist this and know when to submit. The problem is with novices who may not know when to submit. Hold downs can conceivably cause fractured ribs although this is very rare. | Precautions: No person under the age of 16 years will participate in Kansetsu Waza or Shime Waza. All seniors will be instructed in the art of submission prior to participation | **Likelihood**: 2 Most people submit before getting injured.  **Severity**: 3-4 The elbow joint can be snapped resulting in permanent damage. Strangles and chokes can cause a loss of consciousness.  **Total** **Risk**: 8 |  |  |  |  |
| 3. Faulty equipment | Very little equipment is used in judo. The main items are the mats (Tatami). | Participants | Precautions: Ensure only industry standard mats are used and that they are clean and in a good state of repair. The mats do sometimes slip, which can cause broken ankles/toes if caught, although the mats are repositioned at regular intervals. | **Likelihood**: 2 Mat injuries may occur among all grades.  **Severity**: 2-3 Some bone breaks and muscle tears can occur.  **Total** **Risk**: 6 |  |  |  |  |
| 4. Over exertion/dehydration/exhaustion | All sessions last for an hour and a half to two hours and could lead to dehydration. | Participants | Precautions: Regular drink breaks are taken and the instructors know what to watch out for.  In anticipation of strenuous training sessions, members are encouraged to bring water bottles to the training hall (dojo) and will be allowed access to these to enable them to re-hydrate. | **Likelihood**: 1  **Severity**: 2  **Total** **Risk**: 2 |  |  |  |  |
| 5. Pulled muscles/strains | Judo is a strenuous exercise, which could lead to Muscle fatigue, cramp, sore/ stiff joints, pulled and strained muscles, ligaments and tendons etc. without proper precautions. | Participants | Precautions: Comprehensive warm up covering all major muscles. It is imperative that all students take part in the warm- up at the beginning of the class, so as to stretch all the necessary muscles and joints used in the practice of Judo. This not only reduces the chances of injury during practice, but also reduces the likelihood of post-training aches. A cooling down exercise is also carried out.  At the end of the session to bring the heart rate and body temperature back to a normal level | **Likelihood**: 3  **Severity**: 2  **Total** **Risk**: 6 |  |  |  |  |
| 6. Bruising of skin, bone and muscle. | This is an occasional but inevitable consequence of a vigorous combat sport. | Participants | Precautions: Quick intervention by a coach or more experienced player may be necessary to modify beginners’, sometimes, crude attempts at certain techniques resulting in bruising to partners’ shins. More experienced practitioners should always moderate their own behaviour according to partner’s experience and robustness. | **Likelihood**: 3  **Severity**: 2  **Total** **Risk**: 6 |  |  |  |  |
| 7. Cuts and abrasions | This is an occasional but inevitable consequence of a vigorous combat sport. | Participants | Precautions: These should be immediately cleaned and dressed before continuing with practice.  Any specks of blood should be immediately removed from the mat. Ensure players (Judoka) have short and well maintained finger and toe nails. | **Likelihood**: 2  **Severity**: 1  **Total** **Risk**: 2 |  |  |  |  |
| 8. Contraction of infectious diseases from contact with blood. | Only a person with a qualified first aid certificate is to administer first aid | participants | Precautions: All qualified persons must wear surgical gloves whilst administering first aid. There must be a minimum of one qualified person in the practice hall (dojo) at all times during practice sessions. Any blood on the mat must be cleaned immediately using appropriate materials and  precautions. Prior to any practice, mats must be inspected for blood stains, and cleaned when necessary. | **Likelihood**: 1  **Severity**: 2-3  **Total** **Risk**: 3 |  |  |  |  |
| Further precautions |  |  | Judo training will only take place under the supervision of a qualified judo coach who is first aid trained. A mobile phone will be available matside should any injuries require emergency medical attention. All judo players are briefed to respond to the term “MATTE” meaning stop in Japanese.  No Horseplay or bullying is allowed on the judo mat.  No hard objects or items of jewellery are to be worn whilst on the mat. |  |  |  |  |  |

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| **Reviewed By:** | | **Comments:** |
| **Responsible person :**  **Cameron Beresford (President)** | Date: 27/08/2018 |  |
| **SUSU H&S manager (where applicable):** | Date: |  |

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

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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. |