|  |  |  |  |
| --- | --- | --- | --- |
| Risk Assessment | | | |
| **Risk Assessment** for Judo Club training sessions | **Southampton University Judo Club** – Generic Risk Assessment | **Date:**  01/10/2022 | **Last review date:**  - |
| **Unit/Faculty/Directorate:** | **SUSU Judo Club** | **Assessor:** | **Committee Member completing review:** Henry Samuels (Secretary) |
| **Line Manager/Supervisor** | **President:**  Alberto Berni | **Signed off:** | **VP Activities/Sport or Activities Coordinator:** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Part A*** | | | | | | | | | | | | | |
| 1. **Risk Identification** | | | | | 1. **Risk Assessment** | | | | | 1. **Risk Management** | | | |
| Hazard | Potential Consequences | | | | Who might be harmed (user; those nearby; those in the vicinity; members of the public) | | Inherent | | |  | Residual | | |
|  |  | | | |  | | Likelihood | Impact | Score | Control Measures | Likelihood | Impact | Score |
| 1 – Symptoms of Covid-19 | | Transmission of Covid-19 to club members and subsequent close-contacts such as family members or flatmates. | | | Participants, subsequent people who have had close-contact with the infected. | | 2-3 | 1-3 | 9 | Precautions:  After the removal of all restrictions by the Government and the British Judo Association, our focus is to minimise club-transmission.  Members will be asked to clarify whether they have any specific health conditions that may put them at more of a risk from the virus.  If a member becomes unwell prior to a session, especially with the recognised symptoms of covid-19, they will be advised not to attend the session. If a member becomes unwell after a session, the other members (especially those they trained directly with) will be made aware via our social media, and may be advised to not come to the next training session. | 2 | 1-3 | 6 |
| 2 – Standing Judo techniques require the throwing of an attacker. | | Injury from a throw | | | If throws are performed badly or the person being thrown falls badly, then injuries can occur | | 3 | 2-3 | 9 | 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 | 2 | 2-3 | 6 |
| 3 – Ground techniques involve arm-locks (kansetsu-waza), strangles, chokes (*shime-waza*), and pins (*osaekomi-waza*)  Armlocks are applied by locking the elbow joint – there is an 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 the blood supply to the brain, and chokes involve compressing the windpipe. | | | | Injury from a ground technique | Experienced practitioners (Judoka) can resist an attempted submission, and know when to submit.  Novices may not know when to submit.  Hold-downs can conceivably cause fractured ribs, although this is very rare. | | 2 | 2-3 | 6 | Precautions: No person under the age of 16 years will participate in kansetsu- or shime-waza.  All seniors will be instructed in the art of submission safely prior to teaching and participation. | 1-2 | 2-3 | 6 |
| 4 - Very little equipment is used in Judo. The main items are the mats (tatami) and any possible problems would result from them. | | | | Friction buns can happen from contact with the mats, as well as injuries from the mats slipping out of place and leaving gaps. | | Participants | 1-2 | 1-2 | 4 | Precautions: Ensure only industry-standard mats are used and that they are clean and in a good state of repair.  Mats are checked and repositioned regularly during sessions if any do shift. | 1 | 1-2 | 2 |
| 5 – All sessions last from an hour and a half to two-hours. This could lead to dehydration and over-exertion | | | Over-exertion/de-hydration/exhaustion | | Participants | | 2 | 1-2 | 4 | 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 training, and there is access to a water-fountain right outside the MA room. | 1 | 1-2 | 2 |
| 6 – Judo is a strenuous exercise, and can be hard on the body without proper precautions. | | | Could lead to muscle fatigue, cramp, sore/stiff joints, pulled- or strained-muscles, ligaments and tendons, etc. | | Participants | | 2-3 | 2 | 6 | Precautions; Comprehensive warm-up covering all major muscle-groups at the start of a session.  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. | 2 | 2 | 4 |
| 7 – Minor injuries | | | There is occasional bruising of skin, muscle, or bone, an inevitable consequence of our sport. | | Participants | | 2-3 | 2 | 6 | Precautions:  Quick intervention by a coach or more experienced player may be necessary to modify beginners’ sometimes crude attempts at certain techniques.  More experienced practitioners should always moderate their own behaviour according to partner’s experience and robustness. | 2 | 2 | 4 |
| 8 – Minor injuries (II) | | | Cuts and abrasions – another occasional, but inevitable consequence of a vigorous combat sport. | | Participants | | 2-3 | 1 | 3 | Precautions: These should be immediately cleaned and dressed before continuing with practice.  Any specks of blood should immediately be removed from the mats. Ensure Judoka have short and well-maintained finger and toe-nails. | 2 | 1 | 2 |
| Further Precautions: | | |  | |  | |  |  |  | Judo training will only take place under the supervision of a qualified 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. All players are taught to tap to submissions where appropriate.  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. |  |  |  |

|  |  |
| --- | --- |
| Likelihood | |
| Level | Description |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | Might only occur in exceptional circumstances |
| Impact | |
| Level | Description |
| High (3) | Major injury; 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. |