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| Work/Activity: Taekwondo | | |
| Practicing the art of Taekwondo, predominantly a kicking sport. Practice by using pads and up to date body protection (certified by our recognised federation WTF). Also, warm ups and stretching take place. All activities done in the martial arts room or at competition venue (with paramedics present). | | |
| Group: | Assessor(s): Rhys Thomas | Contact: sutkd@soton.ac.uk |
| Guidance/standards/Reference documents | Competence requirements | |
| * <http://www.hse.gov.uk/Risk/faq.htm> | **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] |
| Instructors overview classes thus look after all students. Committee also help when injuries happen, applying basic first aid (e.g. ice packs) | Instructors have first-aid training, additionally they have at least 4 years of coaching each. |
| Risk assessments linked |
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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 |
| Warm up | Sprained muscles or ligaments | Everyone through improper warm up, particularly people who aren’t used to exercising | Thoroughly warm up with instructor using the correct techniques | 1/2 | People who arrive late don’t join in straight away but instead are introduced to the lesson via gentle training until they are sufficiently warmed up | Instructors | 1/2 |  |
| Pad work | Bruising from kicking or dislocation of joints. | People kicking; people holding pads | Teach those kicking how to kick properly and with what part of their foot they should kick with; teaching those how to hold the pad before they do so | 2/3 | Take extra time at the beginning to explain to new members | Instructors | 2 |  |
| Sparring | Bruising or dislocated joints; concussion; broken bones. | Those participating in sparring | Don’t let inexperienced members spar unsupervised; teach techniques before going straight to sparring; start with light contact | 3/4 | Have first aid kit on hand; make sure instructor knows about the SUSU first aid phone. All protective equipment is reviewed by committee and coaches to deem if they need replacing. | Instructors | 2 |  |
| Training | Dehydration, dizziness etc. | Those participating in the lesson, particularly if they have not done much exercise before | Allow plenty of water breaks, especially in the first sessions which are busier than normal. Make it clear that people can sit out if they feel unwell and not to push themselves too much. | 1/2 | First aid kit on hand. | Instructors | 1 |  |
| Training (cont.) | Jewellery, watches, etc. | Sharp and heavy objects may cause cuts or blunt force trauma | Removal of all jewellery, watches, etc. | 1/2 | Experienced members inform new members of dangers | Instructors, committee | 1 |  |
| Training (cont.) | Martial art room floor mats i.e. Poor facility conditions | All members. Can twist ankles and/or toes within holes in the mat | Avoid gaps in the mats. Committee & coaches to record all injuries sustained due the mats and raise issue with SUSU & S&W. | 3 |  | Instructors, committee |  |  |
| Training (cont.) | Prior injuries or conditions | Any members with prior injuries or conditions may exacerbate condition | Inform coaches of any conditions and they will evaluate if it is safe to train. | 1/2 |  | Instructors |  |  |
| Training (cont.) | Limbs caught/pulled on clothing | All members. When kicking, a leg could get caught on a sleeve and result in pulled muscles. | Wear appropriate clothing, such as short sleeved gym shirts and shorts/leggings. Ideally an appropriate Taekwondo dobok (suit). | 1 |  | Instructors, committee |  |  |
| Training (cont.) | Overheating during sessions | All members. Can occur if wearing inappropriate clothing to training, such as jeans or hoodies. | Wear appropriate clothing, such as short sleeved gym shirts and shorts/leggings. Ideally an appropriate Taekwondo dobok (suit). | 1 | Instructors/committee can advise members if what they are wearing is inappropriate, and not allow them to train if necessary. | Instructors, committee | 1 |  |
| Travel | Injury resulting from RTC | All members on the bus. | Wear seatbelts while travelling. | 4/6 | We often outsource travel to local bus firms, whom have their own risk assessments. They also provide drivers with a number of years of experience. | Travel agency | 3 |  |

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

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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. |

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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 |