

# Risk Assessment

## General training assessment

CLUB NAME	CLASS NAME
Gesar Karate Club CIC	All classes
VENUE	DATE CREATED
Crosspark	01/02/2026
VALID UNTIL	
01/02/2028	

Hazard	Risk	People at Risk	Control Measures	Comments / Actions	Severity
Sprains & Strains	Risk of injury during session	Students & Visitors	Thorough warm-up and stretches; supervised instruction at reduced speed initially.		MEDIUM
Striking Injuries	Accidental strikes to partners or instructors	Students & Instructors	Controlled sparring with protective equipment; close supervision by instructors.		MEDIUM
Choking Hazard	Injury from grappling or chokehold techniques	Students	Detailed instruction on safe execution; clear safety signals; immediate intervention if needed and enforced use of double tap for release.		LOW
Blunt Force Trauma	Injuries from impact which does not penetrate the skin caused by impact from training equipment or during sparring	Students	Provide padded training areas, use protective equipment and ensure proper training is given.		MEDIUM
Joint Dislocation	Improper application of joint locks	Students	Detailed instruction; focus on control rather than force; supervised application only after sufficient warm up.		MEDIUM
Head Injuries / Concussion	Risk of concussion during sparring or accidental falls	Students	Mandatory headgear during sparring; limit high-impact techniques for beginners and ensure BMABA Concussion RtP processes are followed for contact management.		MEDIUM
Falls from Throws	Risk of injury from improper breakfalls during throw practice	Students	Ensure mats are secure; practice breakfalls regularly; supervise closely.		MEDIUM
Overexertion	Fatigue or dehydration during intense training	Students & Instructors	Encourage regular water breaks; monitor for signs of fatigue; adjust intensity for skill level.		MEDIUM
Safe Drop-Off / Pick-Up	Unsupervised children or chaotic handover	Students & Parents	Establish clear procedures for drop-off and pick-up.		LOW

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Instructor to Student Ratio	Insufficient supervision leading to unaddressed risks or poor risk management	Students	Maintain an appropriate ratio based on BMABA acceptable policy and combine this with pre-planned lesson for further control; assign additional volunteers if needed. All classes must be run by fully qualified, insured, and competent instructors.		MEDIUM
Slips & Trips	Risk of falling due to uneven surfaces or spilled liquids	Students & Instructors	Regular floor inspections; immediate cleaning of spills; use of appropriate footwear.		MEDIUM
Wet Floor	Slips and falls due to spilled liquids or cleaning	Students & Instructors	Mark wet areas clearly; clean spills immediately.		MEDIUM
Heat Exhaustion	Overheating during summer classes or in poorly ventilated areas, or too-cold of an environment during winter months	Students & Instructors	Ensure proper ventilation; provide fans or air conditioning; enforce hydration breaks. In winter, maintain heaters and thorough warm-up		LOW
Emotional Distress	Discomfort due to fear or intimidation in class	Students	Foster a supportive environment; adjust techniques to individual comfort levels, ensure proper club policies for safeguarding and bullying.		LOW
Dizziness & Nausea	Risk of dizziness or nausea due to low conditioning or low blood sugar	Students	Instructors to monitor students' well-being; remind students to sit out if feeling unwell.		LOW
Equipment Failure	Injury due to faulty or damaged equipment	Students & Instructors	Regular equipment checks; repair or replace damaged items immediately.		LOW
Weapon-Based Injuries	Accidental harm from training weapons	Students	Use blunt or padded training weapons; strict supervision. Module access to weapons based on grade.		MEDIUM
Improper Equipment Use	Injury from incorrect use of training gear	Students	Provide clear instructions; enforce proper technique and usage.	No use of gym equipment by under 18 Years without instructor supervision.	MEDIUM
Storage Hazards	Risk of falling items from improperly stored equipment	Students & Instructors	Organise storage areas; secure heavy items on lower shelves. Liaise with venue owners in rented premises for proper storage management.		LOW
Sanitation Issues	Spread of germs through shared equipment	Students & Instructors	Clean equipment after each use; provide personal hygiene stations and record cleaning routines weekly.		LOW
Fire or Emergency	Injury or panic during evacuation	Students & Visitors	Display clear evacuation routes; conduct regular fire drills; ensure		LOW

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			exits are unobstructed. Check venue fire drill instructions.		
Electrical Hazards	Risk of electrocution from exposed wires or faulty equipment	Students & Instructors	Inspect electrical equipment regularly; repair damaged wiring immediately.		LOW
Inadequate Lighting	Risk of tripping or collisions in poorly lit areas	Students & Visitors	Ensure adequate lighting; replace faulty bulbs promptly.		LOW
Ventilation Issues	Discomfort or overheating due to poor airflow	Students & Instructors	Ensure proper ventilation; install fans or air conditioning if needed.		LOW
Entry/Exit or Mat-Side Hazards	Injuries from obstructed or slippery entrances/exits or cluttered training space	Students & Visitors	Keep entrances/exits clear; use non-slip mats. Ensure equipment is returned properly and that no personal items are left in the training space.		MEDIUM
Time Pressure	Errors during setup due to rushing	Instructors & Helpers	Allocate sufficient time for setup; create a clear checklist.		LOW
Allergic Reactions	Reactions to cleaning products or materials	Students & Visitors	Use hypoallergenic products; communicate potential allergens.		LOW
Fatigue	Overexertion leading to mistakes or injuries	Students	Encourage regular breaks; monitor student conditions.		MEDIUM
Miscommunication	Errors due to unclear instructions	Students	Ensure clear communication; use demonstrations and repeat instructions.		LOW
Language Barriers	Difficulty in understanding instructions	Students	Provide visual demonstrations; use simple and universal gestures.		LOW
Unauthorised Access	Injuries or disruptions caused by uninvited individuals	Students & Visitors	Restrict access to training areas; implement a sign-in system.		LOW
First Aid Response Delays	Delays in treating injuries	Students & Instructors	Ensure first aid kits are accessible; designate trained first aiders.		MEDIUM
Asphyxiation	Risk from high-intensity or full-contact training	Students	No high-intensity/full contact; ensure students understand tap-out procedure.		LOW
Bruising	Risk of bruising from blocking, breakfalls, or contact	Students	Set acceptable contact levels, brief on assumption of risk, and offer conditioning gradually.		MEDIUM
Pre-existing Medical Condition	Risk of complication due to existing health conditions or medications	Students	Ensure all students complete a medical declaration and are advised on safe activity levels.		MEDIUM