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| <b>CAMBRIDGE UNIVERSITY AIKIDO SOCIETY</b> | <b>Date: June 2023</b> | <b>Review Date: June 2024</b> |
| <b>Risk Assessment: Aikido</b>             |                        |                               |

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| <b>Description of the activity, equipment or area under assessment:</b><br>Aikido training; set up/take down of equipment; travel; social events. |
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| <b>Significant hazards</b>               | <b>What could go wrong</b>  | <b>Risk level (High, Medium or Low)</b> | <b>Existing control measures</b>  | <b>Further actions</b> |
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| <b>Injuries during practice sessions</b> | <p>Aikido techniques require an opponent to be thrown, struck or pinned.</p> <p>If techniques are executed poorly or without proper control, or if the person being thrown falls awkwardly, then accidental injuries may occur.</p> <p>If too many people are training on the mat at any one time, there is the potential to fall or trip and to collide with other members, thus causing injury.</p> | Medium                                  | <p>All members are made aware of contest and practice rules and etiquette before training.</p> <p>No member will be subjected to throwing techniques until they have demonstrated the ability to breakfall safely. All throws are done on mats to lessen the impact of the throw/fall.</p> <p>When teaching more advanced throws, crash mats will be used to lessen the impact of the throw/fall.</p> <p>An appropriately-sized mat area will be provided by laying an adequate number of mats.</p> |                        |

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|                         |  |        | <p>Aikido training will only take place under the direct supervision of a qualified British Aikido Board (BAB) Coach, who is also trained in first aid.</p> <p>Coaches are required to keep their licences current.</p> <p>In the event of minor injuries, the protocols detailed in the Club's Safety Policy will be followed.</p> <p>Students are made aware of the potential effects of joint locks and pins with a clear understanding of how to communicate submission ('tapping out') and the importance of applying pinning and locking techniques gradually and safely.</p> <p>In randori (free play), members should return to their feet as quickly as possible after being thrown or falling.</p> <p>Randori (free play) will always be closely supervised and controlled by the coach.</p> <p>Members should use good judgment when training with more junior grades. No member shall be forced to train with any other if they do not feel comfortable to do so.</p> |  |
| <b>General Injuries</b> | <p>Pulled muscles, strains, bruising etc.</p> <p>Strenuous exercise can lead to muscle fatigue, cramp, sore or stiff joints, and pulled or strained muscles, ligaments or tendons.</p> | Medium | <p>Coaches are first aid-trained: qualified first-aiders will treat all injuries immediately. For more serious injuries, medical attention will be sought.</p> <p>Students must take part in the warm-up at the beginning of the class in order to stretch all</p>  |  |

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|                  | <p>Cuts and abrasions can occur due to students having long nails or as a result of accidental contact</p> <p>'Mat' (friction) burns.</p>   |     | <p>the necessary muscles and joints used in the practice of Aikido.</p> <p>Cuts and abrasions should be cleaned and dressed immediately and before continuing with any practice.</p> <p>All students must keep their own fingernails and toenails short and clean to avoid unnecessary injuries.</p> <p>Thorough warm-up/cool-down exercises and medical/injury checks are to be carried out at the beginning and end of every session.</p> <p>The age and general fitness of individuals should be respected.</p> <p>Extra provision of coaches and numbers on the mat should be observed when coaching people with extra needs.</p> <p>The Safety Officer or Coach must record all injuries, accidents and 'near-misses'.</p> |  |
| <b>Equipment</b> | <p>Mats</p> <p>Mats can come apart during training.</p> <p>Mats can become slippery during training due to sweat or condensation.</p> <p>Mats can become dirty.</p> <p>Using excessively worn or torn mats may increase the risk of injury.</p> <p>First aid kit: Required to treat minor injuries.</p> | Low | <p>Mats are kept in the storage room where they should be checked visually for damage on a regular basis.</p> <p>Mats deemed unfit for training will be replaced.</p> <p>No footwear is to be worn on the mats. This reduces the risk of mat damage and of dirt being carried onto the mats.</p> <p>Socks may not be worn to reduce the risk of slipping.</p>   |  |

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| <p><b>Laying and storing of mats</b></p>             | <p>There is a risk of back injury when lifting mats.</p> <p>The storage area should be suitable to minimise the risk of damage to equipment.</p>  | <p>Low</p> | <p>All persons need to be aware of the potential for back injury.</p> <p>Coaches must ensure that appropriate lifting and handling techniques are applied.</p> <p>If the height of the stacked mats exceeds shoulder height, a second person should assist with stacking the remaining mats.</p> <p>Mats should not be stacked higher than 2 metres.</p>  |  |
| <p><b>Over-exertion, dehydration, exhaustion</b></p> | <p>Heat injury, urinary and kidney problems, seizures, shock due to low blood volume.</p>   | <p>Low</p> | <p>Members are encouraged to bring their own water bottle to the session.</p> <p>Coaches will allow for regular breaks to enable members to rehydrate.</p> <p>Any member who requires a rest will be allowed to sit out the session until they have recovered.</p> <p>Techniques are taught at a level suitable for the members in attendance.</p>  |  |
| <p><b>Infectious diseases</b></p>                    | <p>Due to the potential for cuts and abrasions to occur, there is a risk that infectious diseases may be transmitted.</p> <p>Sweat and dirt could build up on the mats with constant use.</p> | <p>Low</p> | <p>Prior to any practice session, the mats must be inspected for blood stains and cleaned as necessary.</p> <p>Any blood spilled on the mat must be cleaned immediately. A person with a bleeding injury will not be allowed back on the mat until the bleeding has stopped and has been safely covered.</p> <p>To minimise the risk of infection whilst removing blood from the mats, surgical gloves must be worn when cleaning mats. A</p> |  |


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|  |   |     | <p>liquid disinfectant should be used to dilute blood and reduce the germ count. The committee ensures regular re-stocking of gloves, disinfectant and paper wipes.</p> <p>General personal hygiene should be kept to an acceptable standard.</p> |  |
| <b>Regional or national travel to/from competitions, seminars and gradings</b> | Road safety issues: car crashes, car/coach breaking down, inadequate insurance. | Low | Travelling in private cars is only permitted if adequate insurance for the drivers and their passengers are in place.   |  |
| <b>Socials</b>   | Issue of drinking culture   | Low | <p>Social events should be inclusive without encouragement or expectation to drink alcohol.</p> <p>Member should adhere to the Club's Code of Conduct.</p>  |  |
| <b>Child and vulnerable adult safeguarding issues</b>                          |   | Low | <p>Coaches are required to undergo a Safeguarding course as part of their qualification.</p> <p>Club Code of Conduct and Safeguarding Policies are in place.</p> <p>All club members must be eighteen or older.</p>                               |  |
| <b>Fire safety</b>   | Fire inside or outside the venue  | Low | University of Cambridge Sports Centre fire safety procedures will be followed.  |  |

## EMERGENCY PROCEDURES

**Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding):**

The University of Cambridge Sport Centre procedures will be followed.

## ASSESSOR

| Name of assessor:                           | Signature:  | Date                       | Name of Supervisor: | Signature: | Date |
|---|---|----------------------------|---------------------|------------|------|
| Mike Cresswell (Sr. Treasurer / Head Coach) |  | 1 <sup>st</sup> June, 2023 |                     |            |      |

## REVIEW DATES

| Reviewed by (name) | Signature | Date | Indicate changes here |
|--------------------|-----------|------|-----------------------|
|                    |           |      |                       |