

Cirencester Judo Club – Policy



RISK ASSESSMENT – JULY 2023 - CJC

STEPHEN A EVANS



ACTIVITY AND VENUE GENERAL RISK ASSESSMENT – July 2023

RISKS

Number Unique ID	Hazard Identify which parts of the activity are hazardous?	People at Risk Club members, participants, spectators etc.	Risk Factor Does the hazard constitute a high, medium or low risk to those involved?	Control Measure What will need to be put in place to ensure that this hazard and risk does not result in accident and injury?
R1	Injury from a throw (Nage-waza)	All participants	Medium	<ul style="list-style-type: none"> • All judo practiced on martial art mats (tatami) to soften falls. • Throws are only taught after participants have learned proper break fall technique. • Participants are regularly observed by BJA qualified Judo coach
R2	Injury from a ground technique (Ne-waza)	All participants	Medium	<ul style="list-style-type: none"> • All judo practiced on martial art mats to lessen any impact/friction. • Practitioners will be taught the importance of applying submission techniques (arm locks and strangles) in a controlled manner. • Practitioners will be taught the importance of ‘tapping out’ to control the impact of a submission technique when applied on them. • Participants are regularly observed by BJA qualified Judo coach



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R3	Faulty equipment	All participants	Low	<ul style="list-style-type: none"> Judo only uses specially designed martial art mats/crash mats. If mats are seriously damaged they will not be used and will be reported to the sports staff. Only industry standard martial arts mats will be used
R4	Over exertion/dehydration/exhaustion	All participants	Low	<ul style="list-style-type: none"> Participants are encouraged to take regular breaks to rehydrate themselves.
R5	Pulled muscles/strains	All participants	Medium	<ul style="list-style-type: none"> At the start of every session all participants must partake in the group warm up.
R6	Cuts and abrasions	All participants	Medium	<ul style="list-style-type: none"> All judo practiced on martial art mats to lessen any impact/friction. Cuts should be immediately cleaned and dressed before being allowed to continue.



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R7	Contraction of infectious diseases from contact with blood	All participants	Low	<ul style="list-style-type: none"> Cuts should be immediately cleaned and dressed before play/contact is allowed to continue. All traces of blood should be immediately removed from the mat, and the mat disinfected with an anti-bacterial and anti-viral surface cleaner.
R8	Putting out / putting away judo mats	All participants	Low	<ul style="list-style-type: none"> When martial art mats have to be moved, the process will be supervised by a qualified BJA judo coach who can instruct on proper lifting technique All participants are o14yrs



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ACTIONS

Number	Associated Risk	Action Measure What action will need to be taken to ensure that this hazard and risk does not result in accident and injury?	Must Have Good To Have	Limitation What might prevent this Action taking place?
--	None	None	None	None



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This risk assessment applies both to the activity and the relevant venue where it is performed.
The relevant venue is: Dojo Venue : Cotswold Leisure, Cirencester, GL7 1US

Person completing form: Stephen A Evans

Date: 15/07/2023

Signed Head Coach: Stephen A Evans