

Clydebank Aikido Club

Risk Assessment



Activities usually carried out by the club at the Playdrome Clydebank & other locations where a class practice may occur under the direction of a qualified Instructor.

No Aikido session will take place without a qualified instructor present.

All injuries/accidents must be reported by a member of Clydebank Aikido Club to the Instructor who will in turn complete an accident report form as required & report all incidents & first aid management to the Leisure Officer on duty. The emergency services would be called immediately if required.

HAZARD	CONTROL MEASURE IN PLACE	RISK	FURTHER CONTROL MEASURES
Lifting or tearing of finger and toe nails.	All members Code of Conduct advise of the importance to ensure that all finger and toe nails are cut short before participating in training.	Low	Report First Aid Incident to the instructor.
Dislocated and broken toes.	This may happen either when a toe is caught on the edge of a mat, or during <i>suwari-waza</i> kneeling technique. Mats should be inspected periodically for damage, especially at the edges, and the importance of proper <i>shikko</i> technique should be emphasized to beginners early on.	Low	Damaged mats should be removed or replaced if necessary. Faults should be reported to the Facilities Manager as and where they arise. Report First Aid Incident to the instructor. Emergency services to be contacted immediately.
Dislocations and broken arm, wrist and elbow etc.	This type of injury can occur when force is applied at a joint in the execution of a technique. When pain is experienced during the application of a technique, the receiving partner should submit by clearly tapping the mat, and the applying partner should immediately release the pressure on the joint. The importance of technique control & submitting when in pain or discomfort should be emphasized to beginners early on.	Low	Report First Aid Incident to the instructor. Emergency services to be contacted immediately.
Improper breakfalling.	When falling an injury may occur if the correct breakfalling procedure is not applied. This may result in a heavy impact injury or a dislocation/fracture. Ukemi (breakfall) proficiency should be taught to beginners early on.	Low	Report First Aid Incident to the instructor. Emergency services to be contacted immediately if required.
Collisions & impact.	This may occur due to the nature of the requirement of physical attacking in a controlled environment, or by students breakfalling across the tatami (mat). The importance of spatial awareness & hazard perception should be emphasized to beginners early on.	Medium	Report First Aid Incident to the instructor. Emergency services to be contacted immediately if required.

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Pulled and strained muscles, ligaments and tendons.	This type of injury can occur either as a result of a fall, or as the result of an accidental collision. Use of good <i>ukemi</i> technique reduces the chance of the former, while careful attention to others practising in the Dojo and avoidance of severely crowded conditions will reduce the risk of collisions.	Medium	Person to cease training immediately. Apply first aid if required.
Muscle fatigue, cramp, sore/stiff joints etc.	It is important that all students take part in the warm-up at the beginning of the class, so as to stretch all the necessary muscles and joints used in the practice of Aikido. This not only reduces the chances of injury during practice, but also reduces the likelihood of post-training aches. Those arriving late to a practice must ensure that they warm-up adequately before joining the class.	Medium	Person to cease training immediately. Apply first aid if required.
Bruising of skin, bone and muscle.	Some minor bruising to the wrists may be experienced by beginners. More experienced practitioners should recognize that beginners' bodies will not be conditioned to the demands of Aikido, and should moderate their behavior accordingly.	Low	Person to cease training immediately. Apply first aid if required.
Cuts and abrasions.	These injuries are rare except for one case caused by poor <i>shikko</i> technique, where friction burns may be experienced across the tops of the toes. Development of good form during <i>suwariwaza</i> practice will alleviate the problem.	Low	Person to cease training immediately. Apply first aid if required.
Head Injuries.	Injuries of this nature are extremely rare, and the small risks that do exist are reduced further by observance of good etiquette and by being observant and considerate to others during practice.	Low	Person to cease training immediately. Apply first aid if required.
Dizziness, hyperventilation and nausea.	Dizziness and hyperventilation can occur during strenuous exercise in less well-conditioned people, and is generally alleviated by improved physical condition. Nausea can result from eating a large meal too soon before training - at least one hour should be left between eating and training.	Low	Person to cease training immediately. Apply first aid if required.
Dehydration.	Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure adequate hydration before training, and to rehydrate adequately when training is over. Extract and inlet fans and windows can be opened for a circulation of air.	Medium	Members are encouraged to bring water bottles to the dojo. Faults to the fans and window winders should be reported to the Facilities Manager for attention.

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Contraction of infectious diseases from contact with blood.	Any blood on the mat must be cleaned immediately using appropriate materials and precautions. Prior to any practice mats must be inspected for blood stains, and cleaned when necessary.	Low	A first aid kit will be brought to the club for every practice to ensure that in the event of an accident occurring the correct dressings are applied to reduce/stop blood loss.
Building faults which lead to a greater chance of training in poor conditions and therefore increases the chance of injury e.g. poor or faulty lighting, failure of window winders, extract and inlet fans, failure of heating in the Dojo.	Report all building faults to the Sports Manager on duty on the day and back this up with a letter to the Facilities Manager.	Low	If the faults are not rectified within a reasonable time frame – please arrange meeting with the Facilities Manager & minute the agreed outcome for issues to be addressed.
Poor Quality Instruction leading to greater chance of injury.	Clydebank Aikido Club ensures that all instructors are trained & insured in accordance with the requirement of the British National Martial Art Association. All instructor certification to be logged with the premises Lessor.	Low	Annual update of Insurance details so that insurance is kept valid and current.
Inappropriate behavior towards children & vulnerable adults.	Clydebank Aikido Club instructors will not teach children or vulnerable adults until they have been successfully Enhanced Discloser Scotland checked & or been accepted as a registered body & are in a position to undertake a class of this nature.	Low	All instructors are aware of current local authority, Sports Scotland & Disclosure Scotland legislation & requirements.