



B.W.F.

BRITISH WADO FEDERATION

CONDUCTING A RISK ASSESSMENT

CHAIRMAN

PAUL ELLIOTT 8TH DAN KYOSHI

LEAD DESIGNATED SAFEGUARDING WELFARE OFFICER

ELIZABETH RAYMAN

BRITISH WADO FEDERATION IS AFFILIATED TO



INTERNATIONAL WADO FEDERATION

BRITISH WADO FEDERATION



Conducting a risk assessment for karate training involves identifying potential hazards, evaluating the associated risks, and implementing control measures to mitigate those risks. Here's a breakdown of key elements in a risk assessment for karate training:

1. Identify Hazards

Hazards in karate training could be categorized into physical, environmental, and health-related risks:

- **Physical Hazards:**
 - Strikes and kicks: Risk of injury due to punches, kicks, or accidental strikes.
 - Falls: Risk of injury from falls, especially when practicing throws or takedowns.
 - Joint injuries: Common during sparring or grappling due to locks or holds.
 - Repetitive strain: Overuse injuries from repeated motions, especially during long training sessions.
 - Sparring injuries: Head, face, or body injuries during full-contact or semi-contact sparring.
- **Environmental Hazards:**
 - Training space: Uneven or slippery surfaces could lead to falls or accidents.
 - Obstructions: Objects around the training area, such as benches or equipment, could cause injury.
 - Temperature: Excessive heat or cold in the dojo could affect performance and lead to heat exhaustion or cold-related issues.
- **Health-Related Hazards:**
 - Fatigue: Overexertion during intense training sessions.
 - Pre-existing conditions: Worsening of pre-existing medical issues such as asthma or cardiovascular conditions.
 - Hygiene: Risk of infection from poor hygiene practices in shared spaces or equipment.

2. Evaluate Risks

Once the hazards are identified, the next step is to assess the likelihood and potential severity of injuries from those hazards:

- **Strikes and kicks:** Medium to high risk, depending on control level in sparring. Severity ranges from bruises to broken bones or concussions.
- **Falls:** Medium risk, especially when learning new techniques like throws. Severity can range from minor bruises to fractures.
- **Joint injuries:** Medium risk during intense sparring or grappling. Potential for sprains or ligament tears.
- **Repetitive strain injuries:** Low to medium risk, particularly with overtraining. Severity may include muscle soreness or tendonitis.
- **Sparring injuries:** High risk in competitions or hard sparring, with the possibility of concussions or serious trauma.
- **Environmental hazards:** Medium risk if the training area is not maintained properly, leading to slips or collisions.



- **Fatigue and pre-existing conditions:** High risk if not managed properly, potentially leading to severe health complications.

3. Control Measures

Control measures should aim to minimize the risk by addressing both the likelihood and severity of potential injuries:

- **Safety Equipment:**
 - Ensure proper use of protective gear, such as mouthguards, headgear, shin guards, and gloves during sparring.
- **Training Environment:**
 - Regularly inspect the dojo for hazards like slippery floors, broken mats, or obstructive objects.
 - Ensure that the training space is well-ventilated and at a comfortable temperature.
- **Technique and Supervision:**
 - Supervise all high-risk activities like sparring and grappling with experienced instructors.
 - Ensure that students are taught proper techniques for falls, strikes, and joint locks to minimize injury risk.
- **Health and Fitness:**
 - Screen participants for pre-existing conditions and adjust training intensity accordingly.
 - Encourage proper warm-ups and cool-downs to reduce the risk of muscle strains.
 - Limit training duration to prevent overuse injuries and fatigue.
- **Hygiene:**
 - Enforce hygiene protocols like regular cleaning of mats and equipment.
 - Encourage personal hygiene among participants to prevent infections.
- **Emergency Preparedness:**
 - Have first aid equipment and trained personnel available during all training sessions.
 - Establish procedures for dealing with injuries, such as when to seek medical attention.

4. Review and Monitor

Regularly review the risk assessment and update it based on incidents, changes in the training environment, or new regulations. Continuously monitor the effectiveness of control measures and adjust where necessary.

This risk assessment focuses on identifying and controlling risks to ensure a safer karate training environment. If there are specific areas of concern, additional measures can be added accordingly.