

University of Derby Taekwon-Do School Risk Assessment 2009/2010

Activities are usually carried out by the school in the Sports Hall or Kirtley Building under the direction of a qualified Instructor.

A thorough program of warm-up exercises carried out at the beginning of each practice session/training.

All members have read University of Derby TaeKwon-Do School Rules, Student Code of Practice and Risk Assessment.

All members to be familiar with the rules and etiquette within the Dojang.

Any member with a potentially serious medical condition or who is feeling unwell should alert the Instructor to this before the session.

All injuries/accidents must be reported by a member of University of Derby TaeKwon-Do School to the Instructor/Coaches who will provide First-Aid cover and complete an accident report form.

HAZARD	CONTROL MEASURE IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Facility Issues e.g. faulty lighting, heating, ventilation, floor issues which could result in an accident and/or injury	The committee will notify the Athletic Union of any facility that needs to be repaired or is malfunctioning.	Low	If University of Derby TaeKwon-Do School have no success with repairs being undertaken, the President of the Athletic Union will be notified of issues arising.
Fire	Members are made aware of exit routes out of the building. When training in any venue, the Instructor is clear of the route out of the building and should ensure that all exits are clear before training commences.	Low	Any locked or blocked exit routes should be reported prior to the commencement of training
Injury through inexperience/poor Instruction	No potentially hazardous training is to be carried out without experienced certified instructors present during all sessions. New members must fill in a	Low	All coaches/instructor qualifications and insurance information are logged with the Athletic Union c/o Dan Bowden. It is the responsibility of the coach/instructor to

	<p>membership application form at their first session before they are allowed to train; this is used to apply for an annual licence. All students must hold a UKTA/BTC licence after two sessions and this provided basic insurance cover. It is the responsibility of the Secretary to ensure the forms are filled in correctly and applied for.</p>		<p>ensure the insurance details are kept valid and the Athletic Union receives a copy/</p>
<p>Lack of knowledge of new members medical conditions</p>	<p>Medical form is to be completed alongside the membership form – the secretary is responsible for this. Medical conditions are to be brought to the attention of the coaches and First-Aiders only – this will be stated on the form as part of the confidentiality statement</p>	<p>Low</p>	<p>University of Derby TaeKwon-Do School should ensure that all new members, at the beginning of the Autumn term are informed of; Risk Assessment Code of Conduct Constitution & ‘Good Practice including TaeKwon-Do Etiquette and Principles</p>
<p>Inadequate Warm-Up resulting in Injury</p>	<p>It is important that all students take part in the warm-up at the beginning of the class, so as to stretch all necessary muscles and joints used in TaeKwon-Do. This not only reduces the chances of injury during practice, but also reduces the likelihood of post-training aches (DOMS). At the end of a training session a warm-down is recommended</p>	<p>Low</p>	<p>The Instructor has the right to stop members from training if he/she feels that they are unfit or unwell.</p> <p>Members should feel free to perform stretches, kicks, jumps etc at a level suitable to their experience and physical condition(whilst still participating fully in the class) and coaches should recognize this personal limit. Members should also notify the coach if they are unable to perform a stretch e.g. due to prior injury or condition</p>

<p>Muscle fatigue, cramp, sore/stiff joints, pulled or strained muscles, ligaments, tendons etc</p>	<p>Regular flexibility training conducted to meet the needs/limitations of individual students.</p> <p>As students train bare-foot, prior to training, the room will be heated to an reasonable temperature.</p>		<p>Incidents requiring First-Aid/Medical Treatment are to be reported to the Athletic Union and a accident report form completed.</p> <p>At venues away from the regular venue/campus – school members should be clear of whom to report First Aid incidents to.</p>
<p>Injuries from Free-Sparring</p>	<p>It is highly recommended that members provide and use correct equipment i.e. protective hand and foot pads, head guards, personal gum shields and groin guards. Individual members should be aware when they are overstepping the ‘aggression’ towards a partner when sparring and this should be recognized by the Instructor. Members should also feel free to tell their partner to reduce the level of contact/aggression without criticism.</p>	<p>Medium</p>	<p>Sparring equipment, whilst not compulsory for training, is strongly recommended and members are expected to have basic safety equipment (foot, shin and hand pads). If protective/safety equipment is not worn, sparring is restricted to ‘no contact’. When safety/protective equipment is worn, sparring is ‘touch contact’. The interpretation of touch contact will depend on the grade, experience, skill and personal preference. Safety/Protective equipment, including head guards is compulsory at national competitions as a requirement by the governing body for TaeKwon-Do in the UK, the British TaeKwon-Do Council (BTC)</p>
<p>Injuries through the participation in Power Breaking i.e. dislocations and fractures arising from</p>	<p>Clear instruction and supervision is to be given on breaking with a gradual approach to breaking and the conditioning of hands and feet.</p>	<p>Medium/High</p>	<p>None</p>

an awkward or heavy fall, bruising of skin, bone and muscle.	When using the impact focus boards and board holder, it is important that the board is in good order and clear instruction received on board breaking		
Head Injuries	The floor is to be kept in good condition to prevent slipping When sparring extra care must be taken when performing head-height kicks and punches	Low	In case of injury, appropriate measures should be taken, as for other injuries – participants should be asked to sit out and First Aid administered or sought if necessary. Head guards are to be worn as required by the organizers in competitions and tournaments.
Unconsciousness caused by a blow to the head	Immediately report injuries to the Coach/Instructor/Qualified First Aider for medical assistance and, if necessary, for the emergency services. All members should be clear of who and how to report accidents.	Low	Practice to be ceased while the Instructor and School First Aiders attend the casualty.
Cuts and Abrasions	This an occasional but inevitable consequence of TaeKwon-Do	Medium	These should be immediately cleaned and dressed before continuing with practice (basic First Aid kit carried by Instructor or available from School First Aider). Any specs of blood should be immediately removed from the mat/floor. Cleaning kits should be made available via the Athletic Union.
Dizziness, Hyperventilation and Nausea	Dizziness and hyperventilation can occur during strenuous exercise in some individuals.	Low	Any member feeling dizzy or unwell can sit out and rest until they feel sufficiently recovered to continue practice.
Dehydration	Large quantities of fluid can be lost	Medium	In anticipation of strenuous training

	<p>from the body during strenuous exercise, particularly in hot weather. It is important to ensure adequate hydration before training and to re-hydrate adequately when training is over.</p>		<p>sessions, particularly in summer, members are encouraged to bring water bottles to training and the coaches/Instructor will allow for regular fluid intake breaks to enable members to re-hydrate.</p>
<p>Contraction of Infectious Diseases from contact with blood</p>	<p>Any blood on the floor must be cleaned up immediately using appropriate materials and precautions. Prior to any practice, the floor should be inspected for blood stains, and cleaned where necessary.</p>	<p>Low</p>	<p>Members are to cease training immediately if they are bleeding until the cut is properly dressed or the bleeding has stopped.</p>
<p>Road Traffic Accidents in hired mini-buses or transport when traveling to competitions.</p>	<p>Organiser/events secretary is to complete relevant forms from the Athletic Union before each event outside of Derby. Drivers of mini-buses must have passed University accredited tests and be 21 years or older. If using hired vehicles, all persons traveling must be clear who to report accidents to e.g. hire company and University and have relevant telephone numbers for each.</p>	<p>Low</p>	<p>All trip registration forms are to be completed prior to the journey. For trips outside of the UK – trip registration forms should be completed at least one week prior to the trip and submitted to the Athletic Union.</p> <p>For any major accidents outside of Derby, where the emergency services are involved or a member is taken to hospital then the University School members should contact the Athletic Union for advice and assistance. An accident report form must also be completed and sent to the Athletic Union as soon as is practicable upon your return.</p>