



Stevenage Taekwondo Club

Document Title	Risk Assessment - Fairlands Primary & Nursery School Venue
Reference	STC/AJ/RiskAssessmentFairlands-002
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Date Updated	14 September 2021
Next Review Due	14 September 2023

Stevenage Taekwondo Club hires the school hall at Fairlands Primary & Nursery School for all training sessions. This risk assessment will focus on the activities undertaken by the club at this location.

Activities undertaken range from general cardio-vascular exercises (for example, jogging, press-ups, sit-ups), muscular stretching (for example, isometric, dynamic and static) and martial arts training in keeping with the World Taekwondo Headquarters (Kukkiwon) syllabus, this includes non-contact, light-contact and full-contact sparring, destruction techniques using wood/re-breakable boards/tiles, kicking padded targets and other relevant equipment.

This risk assessment was written in conjunction with the British Taekwondo Risk Assessment Guidelines.

General risk assessment:

- A thorough program of warm up exercises carried out at beginning of every session.
- Control of numbers in the hall at any one time exercised by the coach in charge of the session.
- Any student with a potentially serious medical condition or who is feeling unwell should alert the coach to this prior to the session.
- All accidents / injuries must be reported to the coach who will provide first aid cover if possible; contact the emergency services where required and records the incident in the accident log.
- The Head Instructor is first aid trained (including CPR), assistant or covering instructors may not be and will reduce the curriculum in the event of covering a class.
- First aid box carried in the Head Instructor's bag and available in the first aid room in the venue.

Risk	Control Factors	Risk Factor
Strained or torn muscles and ligaments through improper warm up.	Thorough warm-up led by instructor using correct modern warm-up techniques. Latecomers are introduced in to the warm-up, potentially using lower intensity exercises than the rest of the class until ready.	Low
Dislocation of toes	Non-interlocking mats (the main cause of this injury) are rarely used (only for falling practice).	Low
Bruising to arms, legs, torso etc from falling	Some risk is inherent in jumping and kicking. Techniques are taught in a progressive manner so jumping kicks aren't taught until the same kick can be performed competently.	Low-Medium
Broken facial bones, unconsciousness, loss of teeth due to contact during sparring	Players are broken in to two groups - fighters and non-fighters. Fighters are black belts, those that agree and squad members. Fighters are allowed to use light/moderate head contact, aiming for the padded areas of the headguard as a preference and ideally wear a gumshield.	Medium

Risk	Control Factors	Risk Factor
Broken facial bones, unconsciousness, loss of teeth due to contact during sparring - NON-FIGHTERS	Non-fighters are prohibited from landing kicks to the head during sparring. Accidental contact may happen during sparring and parents have signed a disclaimer to show awareness of this.	Low
Broken skin and cuts through contact with jewellery	Students are forbidden from wearing jewellery in class. In the case of recently inserted earrings that cannot be removed, these should be covered with a plaster.	Low
Blisters and cut feet	Predominantly a problem experienced by beginners. As the body becomes more conditioned to training the skin becomes more robust and less likely to blister/cut. The instructors will check the floor for debris before the session and remove where possible, avoid the area if not and report to the venue if the standard is unreasonably dirty.	Low-Medium
Dehydration	Training sessions fit in to two types - low intensity (learning new skills) and high intensity (high repetition practice and sparring/drills). A drink break may happen during the first type of session if students require it or if the instructor considers the class to be warm/hot. A drink break will definitely occur in the latter before students put on protective equipment for the second part of the session.	Low
Seizure through contra-indications or over-exertion.	The disclaimer upon students joining has a section for medical history and students are monitored for any adverse effects during training.	Low
Enrolment of novices with no experience of martial arts	All new students without any Taekwondo grades are taken by an assistant instructor aside from the main class, either individually or in a small group of no more than 4 students for at least two classes before being integrated with the main class after that point.	Low
Qualifications of running instructors	Instructors running the class must have a World Taekwondo Headquarters (Kukkiwon) registered 1st Dan or above and hold a British Taekwondo Instructor Certificate (which includes Professional Indemnity Insurance). If a qualified instructor is not available to attend then the class must be cancelled. Students of blue-belt (4th Kup) and above may be asked to assist in teaching of lower grades under the supervision of a qualified instructor.	Low
Spectator being injured by collision with a student/ instructor	Sometimes parents of students or other relatives/friends may want to watch a class. Spectators are positioned at the back of the hall and the instructors are made aware of their presence so they can avoid students training too close to them.	Low
Fire	In the event of a fire, instructors will evacuate the venue through one of the school's detailed fire routes (the main two being the exit directly to the car park and the route back through the main door). The instructors will take the register with them if possible and take a roll call during that time.	Low

Risk	Control Factors	Risk Factor
Loss/illness of a student during toilet breaks	Students must ask the instructor if they wish to go to the toilet. Students are aware they should go before class. Permission will not be unreasonably withheld, but if the class is almost over the student may be asked to wait rather than disrupt the class. If the student goes to the toilet and doesn't return within a few minutes, the instructor will go to check on them or send a student of the same sex to do so. In the event that the toilet is locked and there is no answer, 999 will be called.	Low
Bullying	STC takes bullying very seriously, as Taekwondo is a cure for low-self esteem and victim mentality that often makes people a target for bullying. Any incidents of bullying before/ during/after class will be taken very seriously, being brought up with the student in question and notified to their parent afterwards. Repeat offences will result in the student being expelled from the class.	Low
Equipment	All equipment including training uniform, protective equipment, etc should be WTF (World Taekwondo Federation) approved, but potentially other equipment may be accepted by the instructors provided it's Korea Taekwondo Association (KTA) or British Taekwondo (BT) approved. New students (10th Kup) should train in appropriate athletic clothes for the first few weeks until they purchase a WTF approved uniform (from the club or a reputable instructor).	Low
Alcohol and Drug Misuse	Individuals will not be allowed to train/teach if they turn up under the influence of drugs or alcohol. Drugs and alcohol use during training or within the venue before/afterwards will not be tolerated and will be cause for expulsion from the club. In accordance with the World Taekwondo Federation and International Olympic Committee rules, fighters entering in to a competition may have to submit to anti-doping testing.	Low

Authorising Signatory :

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Date :

14 September 2021