

Appendix G: Risk Assessment Form – South Coast Choi Kwang Do

Venues: Henry Cort, Fareham Lee on Solent Community Centre Bay House School	Activity/Event Choi Kwang Do Family and Adult Classes	Persons Involved Instructors / Students
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Risk prior to measures	Who may be harmed	Precautions	Any further actions/venue specific risk	Risk rating after measures
Hair, clothing or jewellery entangled in equipment	Participants	Visual check of participants, they should wear appropriate clothing and shoes, remove or cover jewellery and tie back long hair.	Instructors to check clothing is suitable and no jewellery.	Very Low
Participants colliding with each other or equipment / obstacles	Participants	Designate safe area. Draw attention to obstacles. Control pace and numbers of people active in the space.		Low
Collisions with non-participants	Participants & Spectators	Ensure area is free from other users, instructors to remain vigilant to those who may enter area. Halt session if required.	Use designated areas only.	Very Low
Tripping and falling onto a hard surface	Participants	Make participants aware of dangers e.g. slipping, tripping.		Low
Contact with foreign elements/objects on the dojang floor	Participants	Inspect area prior to start of session, remove/isolate any hazards.		Very Low
Misuse or lack of control of equipment, leading to purposeful or accidental striking of other people.	Participants	Work in controlled groups with specific individual tasks. Establish safe spacing between each group. Discipline any negative or potentially dangerous behaviour. Deliver a safety brief before the drill that the instructor is running.	Use qualified instructors, code of conduct for instructors.	Low
Muscular injury through excessive stress/strain. Injury through incorrect execution of activity.	Participants	Follow warm up exercises. Use appropriate size/weight equipment. Reinforce safety messages.	Assess quality and appropriateness of equipment.	Low
Showing a negative physical response to exercise – overly heavy breathing, dizziness etc.	Participants	Observe physical responses.	First aid provision on day.	Very Low

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Graze from fall on concrete surface	Participants	Make participants aware of dangers eg; tripping falling. Drill/activity should be well controlled by instructors.		Low
Young person becoming separated from their group	Participants	Advise instructors to keep control of young people and be conscious of their whereabouts at all times.	All instructor uniforms to be identifiable to lost individuals.	Very Low
Falling object or projectiles (eg balls etc)	Participants	Games / activities to be played in designated areas only.		Very Low
Twist/turn of joint eg ankle, knee, wrist.	Participants	Suitable warm ups and activities to be delivered by/supervised by instructors.	First aid provision	Low
Hot / humid conditions	Participants	Instructors to ensure the participants have plenty of water breaks during the training session.		Very Low