

SPARTA JKD On-line RISK ASSESSMENT

IMPORTANT

WE RECOMMEND YOU CARRY OUT THIS RISK ASSESMENT BEFORE YOU START ANY TRAINING.

This Risk Assessment should be read in conjunction with SPARTA JKD terms and conditions, including additional specific Risk Assessments on COVID 19 and in line with the current Government Guidelines
<https://bit.ly/Govtguidelines>.

Please ensure you have consulted your physician or other healthcare provider before you start training or begin an exercise program. I understand that there is a risk of injury associated with participating and using SPARTA JKD On-line, live seminars or class environment.

Make sure you have carried out a complete warm up before commencing any training or exercises.

Also ensure you are fit and healthy and are not carrying any injuries which could be made worse by Training.

ENVIRONMENTAL HAZARDS			
Significant Risks	People at Risk	Measures to reduce risk	Review
Slips, Trips and Falls	Yourself, training partner, members of the public, sports centre staff etc	Ensure floor is in good condition and free of obstacles. Significant wet patches should be dried. Segregate if necessary. Visual check by yourself before start of the session	
Fire	Yourself, training partner, members of the public, sports centre staff etc	Provision of means of fire escape. Persons in training area to be aware of evacuation procedure. Visual check by yourself before start of the session.	
Electric shock	Yourself, training partner, members of the public, sports centre staff etc	All electrical equipment to be properly maintained and if not isolated unplugged and removed. Visual check by yourself (if electrical equipment is not owned by yourself, then you should report the matter to the owner/keeper and check it has been made safe)	
Lighting / visibility	Yourself, training partner, members of the public, sports centre staff etc	To be adequate for the purposes of safe training, entry to and exit from, the training area. Visual check by yourself	

Cuts/punctures from sharp objects	Yourself, training partner, members of the public, sports centre staff etc	Thorough check of your surroundings to ensure there are no sharp objects that you or your training partner can encounter whilst training. I.e. corner of a table or equipment. To be reviewed by yourself when commencing any training or physical activity.	
Impact from unstable objects that may fall	Yourself, training partner, members of the public, sports centre staff etc	Ensure objects e.g. stacked chairs etc are removed/ segregated from training area and spectators/public/ training partner. Visual check by yourself	

PHYSICAL INJURIES/HEALTH RISKS DURING TRAINING FROM CONTACT			
Significant Risks	People at Risk	Measures to reduce risk	Review
Broken bones	Yourself, training partner, members of the public, sports centre staff etc	Experience and discipline of students. Careful supervision by members. Possible use of Personal Protective Equipment to prevent injury or existing injuries being made worse. (Also wearing a Head Guard & Gum shield) To be reviewed by yourself when commencing any training or physical activity.	
Loss of teeth	Yourself, training partner, members of the public, sports centre staff etc	As above. To be reviewed by yourself when commencing any training or physical activity.	
Dislocation of joints	Yourself, training partner, members of the public, sports centre staff etc	As above To be reviewed by yourself when commencing any training or physical activity.	
Concussion	Yourself, training partner, members of the public, sports centre staff etc	As above To be reviewed by yourself when commencing any training or physical activity.	

Strains and sprains	Yourself, training partner, members of the public, sports centre staff etc	Thorough warm up and stretching before commencing any training or exercises. To be reviewed by yourself when commencing any training or physical activity.	
Cuts/broken skin	Yourself, training partner, members of the public, sports centre staff etc	Training / experience and discipline of members. Careful supervision by club member. Keep nails short. Remove items of jewellery. To be reviewed by yourself when commencing any training or physical activity.	
Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness	Yourself, training partner, members of the public, sports centre staff etc	Existing health problems e.g. Asthma should be taken into account before training. Rest, take medication e.g. inhaler. If necessary. (Always consult your physician or other healthcare provider before you start training or exercise program.) To be reviewed by yourself when commencing any training or physical activity.	

PHYSICAL INJURIES/HEALTH RISKS DURING TRAINING FROM NON-CONTACT			
Significant Risks	People at Risk	Measures to reduce risk	Review
Broken bones	Yourself, training partner, members of the public, sports centre staff etc	Training / experience and discipline of members. Careful supervision by member. Possible use of Personal Protective Equipment to prevent injuries or injuries being made worse. To be reviewed by yourself when commencing any training or physical activity.	
Dislocation of joints	Yourself, training partner, members of the public, sports centre staff etc	As above To be reviewed by yourself when commencing any training or physical activity.	

<p>Strains and sprains</p>	<p>Yourself, training partner, members of the public, sports centre staff etc</p>	<p>Thorough warm up and stretching before commencing any training or exercises.</p> <p>To be reviewed by yourself when commencing any training or physical activity.</p>	
<p>Cuts/broken skin</p>	<p>Yourself, training partner, members of the public, sports centre staff etc</p>	<p>Training / experience and discipline of members. Careful supervision by club member. Keep nails short. Remove items of jewellery.</p> <p>To be reviewed by yourself when commencing any training or physical activity.</p>	
<p>Health effects linked to over exertion e.g. feeling faint, seizure, breathlessness</p>	<p>Yourself, training partner, members of the public, sports centre staff etc</p>	<p>Existing health problems e.g. Asthma should be taken into account before training. Rest, take medication e.g. inhaler. If necessary. (Always consult your physician or other healthcare provider before you start training or exercise program.)</p> <p>To be reviewed by yourself when commencing any training or physical activity.</p>	