

# RISK ASSESSMENT - Essex Aikido Dojo (Shoshinkan)

Task	Coaching Tomiki Aikido & Taiho-Jutsu including Seminars, Grading and Displays				
Area	Sporting Facilities				
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Date	18/08/2022				
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## Likelihood:

### Definition

- 1 Extremely unlikely to occur, or has not occurred in > 2 years
- 2 Unlikely to occur, or has not occurred in 1 to 2 years
- 3 May happen rarely, or has not occurred in a year
- 4 Likely to happen occasionally, or has not occurred in a month
- 5 Almost certain to happen/happen often, possibly weekly

## Severity:

### Safety Definition / Occupational Health Equivalent

- 1 Minor Injury (first aid) / Undesirable Acute Effects
- 2 Lost Time Injury / Reversible Significant Acute Effects
- 3 Over 3 Day Injury / Reversible Acute Illness/Condition
- 4 Major Injury (Broken bone etc.) / Chronic Illness/Condition
- 5 Fatality / Death or Debilitating Chronic Disease

## Risk Ratings:

### Definition

- Low** Action may not be required, or may be a low priority.
- Medium** Area of uncertainty. Ensure risks are reduced as much as reasonably practicable. Prioritising would include Cost-benefit Analysis.
- High** Immediate action required. Activity may be too risky to continue without effective risk control. Some high-risk activities may be acceptable after control measures).
- Unacceptable** Not permitted.

		Severity					Risk Level	Consequence
Likelihood		1	2	3	4	5	Black (Unacceptable)	Work may not continue until measures have been taken to reduce the risk below a score of 20.
	1	1	2	3	4	5	Red (High)	To be brought to the attention of senior management who shall decide action. Temporary measures may be adopted while long-term solutions are determined/implemented (if work will be repeated).
	2	2	4	6	8	10	Amber (Medium)	For medium (and high) risk, work may continue, but efforts should be made to reduce risk and move it into a lower-scored zone. The higher the risk rating, the more effort should be applied to reduce it, referring to the "hierarchy of risk control".
	3	3	6	9	12	15		
	4	4	8	12	16	20		
	5	5	10	15	20	25	Green (Low)	No action necessary.

## When thinking about your risk assessment, remember:

A **hazard** is anything that may cause harm, such as chemicals, electricity, working from ladders, an open drawer etc;

The **risk** is the chance, great or small, that someone will be harmed by the hazard.

There are five steps in the risk assessment process:-

1. Identify the hazards.
2. Decide who might be harmed and how.
3. Evaluate the risks arising from the hazards and decide whether existing precautions are adequate or more should be done.
4. Record your findings. www.essex-aikido.org uses a standard format for all risk assessments.
5. Review your assessment from time to time and revise it when necessary. If any significant additional measures are required, review the assessment again when they have been implemented.

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No.	Activity	Significant Hazards	Person at Risk	L	S	Risk	Existing Risk Control Measures	L	S	Risk	Additional Measures Req.
1	General coaching of Aikido	Sprains / strains / broken bones.	Students / instructors	3	3	9	The British Aikido Association has a policy that requires all insured instructors to hold a BAA coaching qualification. Essex Aikido Dojo principle instructors are registered BAA Coaches and have undergone coach education training. Principle instructors are Shaun Hoddy 7th Dan, Andrew Wisbey 5th Dan. Classes to be held on a suitable matted area. No throws on non matted area	1	2	3	
2	Coaching Junior Aikido/Youth Aikido	Shaun Hoddy - Grad IOSH - AIEMA	Junior Students	3	3	9	The British Aikido Association has a policy that requires all insured instructors to hold a BAA coaching qualification. Essex Aikido Dojo principle instructors are registered BAA Coaches and have undergone coach education training. Principle instructors are Shaun Hoddy 7th Dan Japan Aikido Association, Andrew Wisbey 5th Dan BAA. All coaches are required to have disclosure checks. Classes are tailored for Junior / Youth capabilities (No resistance training). Classes to be held on a suitable matted area. No throw on non matted area.	1	2	3	

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No.	Activity	Significant Hazards	Person at Risk	L	S	Risk	Existing Risk Control Measures	L	S	Risk	Additional Measures Req.
3	Use of Weapons	18/02/2021	Students / instructors	3	3	9	Weapons used are wooden Boken, Jo, Tanto, Hanbo, Soft Competition Tanto. Weapons are used as per Tomiki Aikido curriculum. BAA or JAA with classes supervised at all times by a qualified coach. All weapons must be fit for purpose. Essex Aikido Dojo reserves the right to refuse the use of any weapon that is deemed dangerous.	2	2	4	
4	Laying and lifting of Mats / Tatami	Injury (sprains & Strains)	Students / instructors	3	3	9	Students are advised that they only lift within their own capabilities, If trolley is provided ensure that this is used. Two person lift if required. If mats require stacking ensure that two person lift is used.	2	2	4	
5	Physical activities.	Illness, Injury	Students / instructors	2	4	8	Students are encouraged to bring water to sessions for hydration. In the event of injury or illness club has qualified first aiders. FAW. Staff at BSV are first aid qualified. AED on site. Instructors are qualified coaches, trained in the correct way to structure classes.	1	4	4	
6	Students not following instructions, aggressive behaviour	Injury to others.	Students / instructors	2	3	6	British Aikido Association procedures are available on line. Essex Aikido Dojo (Shoshinkan) rules and regulations on club website <a href="http://www.essex-aikido.org">www.essex-aikido.org</a> . The club reserves the right to remove from membership any person who does not adhere to BAA and club rules.	1	3	3	

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7	Aikido Coaching	Significant Injury / Claims	Students / instructors	2	2	4	All instructors hold BAB / BAA coach qualifications, Structured classes as per Tomiki Aikido curriculum. BAA /JAA. British Aikido Association licence includes student member to member insurance, Coaches Licence includes liability insurance.	1	2	2	
8	Aikido & Covid	Illness	Students / instructors	2	3	6	Covid health Check online form in place. Temperature check at beginning of class. Hand sanitizer available at centre. Covid Risk Assessment and policy in place. Student MUST not attend classes if unwell.	1	3	3	