

Ishinryu Rushgreen

Risk Assessment (April 2025)



Assessment Date:	April 2025	Review Date(s):	As required, but at least once a year. Date of last review: 30 April 2025
	April 2025	Maintained by:	Chris Fennessy (4 th Dan) Secretary British Ishinryu Karate
Premises/ Activity Assessed:	This document specifically covers activities at the Ishinryu Rushgreen club. We are located at the Rush Green Community Centre, Rush Green Road, RM7 0LB. We also operate within Rush Green primary school (RM7 0RL)		

Club Personnel:

Course Instructors are Licenced, Insured, and hold current DBS documentation.

Students are licenced and insured through the *British Ishinryu Karate* association and by our governing body, *The English Karate Federation* (EKF).

Students without a current licence will not be allowed to train.

Spectators will be small in number, and mostly the parents of our younger students.

Spectators will follow the guidance of our club instructors – for example, in regard to keeping clear of the training areas and following guidelines on photography.

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Hazard(s)	Who might be harmed	Risk Level (High/Medium/Low)	Measures in Place
Injury from slips and trips	Students and Instructors	Medium	<p>The training area will be checked for hazards immediately before each training session. In addition, every instructor will conduct a visual inspection whenever they take control of a class.</p> <p>All personal belongings will be kept clear of the training area. For example, kitbags, protective equipment, over-Jackets, and anything else that might constitute a trip hazard.</p>
Minor injuries during training	Students and Instructors	Medium	<p>Training areas will be checked before each session to ensure surfaces are clear of sharp objects.</p> <p>Students will wear suitable sports training shoes at all times while training outside.</p> <p>Instructors are first aid trained and able to deal with minor injuries. Portable first aid kits will be available adjacent to each training area.</p>
Adverse reaction to over exertion such as fainting, seizure and breathlessness.	Students	Medium	<p>Our very experienced instructors will provide clear instruction to students.</p> <p>Students are aware of the need to follow Instructor guidance at all times. After a first verbal warning for any infraction, they will be removed from the training area.</p> <p>All sessions to start with a whole body warm up and finish with cool down activities.</p> <p>All Students are licenced by the <i>British Ishinryu Karate</i> Association and must show their current licence to gain entry to the training area. All licence holders are required to declare existing medical conditions on application each year.</p> <p>Students are required to declare any relevant medical conditions that may arise during the licence year.</p>

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Muscular skeletal injury, concussion	Students and Instructors	Low	<p>Close supervision and observation from instructors throughout the session will minimise any risk of injury. All sessions to start with a whole body warm up and finish with cool down activities.</p> <p>All Ishinryu students hold a license. A condition of this licence is to declare any medical conditions and to confirm medical fitness to train.</p> <p>Existing medical conditions are recorded as part of the licence record.</p>
Blood borne viruses	Students and Instructors	Medium	<p>All instructors are first aid trained. Portable first aid kits are kept adjacent to the training area.</p> <p>Soiled cleaning cloths and first aid materials to be suitably disposed of.</p> <p>No student will continue training if there is any continued risk of blood loss.</p>
Negative Impact on Mental Health and wellbeing	Students	Low	<p>All Ishinryu students will be fully licenced. A condition of this licence is full disclosure of existing medical conditions and any new conditions that may arise through the course of the annual licence.</p> <p>Club Instructors will be made aware of existing mental health issues and/or learning difficulties. Training will be adapted accordingly.</p> <p>Instructors will ensure that training sessions are structured to be inclusive and accommodate a range of needs and abilities.</p>
Spectators	Students Spectators	Medium	<p>Spectators will be required to stay in designated spaces clear of the training areas.</p>
Car Parking	Students Spectators	Medium	<p>Those arriving by car are required to park in the designated areas outside the training hall.</p>

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Photography	Students	Low	<p>All attendees will be invited to 'opt out' of any photographs at check-in.</p> <p>While we cannot prevent spectators taking their own photos, we expect them to restrict their images to their own family and their own club.</p> <p>Spectators will NOT be given access to the training areas under any circumstances.</p>
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Chris Fennessy Secretary
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A handwritten signature in blue ink, appearing to read "C. Fennessy".