

GROUP DETAILS

IN AN EMERGENCY CALL:

Leader:	Primary Contact:
Participants:	

ACTIVITY DETAILS

Purpose of Activity:	Date:
Benefit of Activity: Boosts cardiovascular fitness and stamina through high-intensity training sessions. Develops mental focus and discipline required for mastering karate forms and techniques. Enhances muscular strength and endurance through striking and kicking exercises. Improves coordination and balance essential for effective technique execution. Increases flexibility and range of motion through dynamic stretching and movement. Supports self-confidence and mental resilience through skill development and achievement.	

HAZARDS

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Head impacts	Concussions, traumatic brain injuries, skull fractures.	Protective headgear significantly reduces the risk of serious head injuries.	Mandate the use of headgear during sparring and competitions. Educate participants on the dangers of head impacts. Provide training on safe falling and head movement techniques. Supervise sessions to prevent excessive head contact. (ALL)	All participants.	Before Measure: High After Measure: Med

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Safeguarding	Risk of abuse or neglect, especially for minors.	Creates a safe and supportive environment for all participants, especially minors.	Implement a comprehensive safeguarding policy and ensure all staff are trained. Conduct background checks on instructors and volunteers. Establish clear reporting procedures for any concerns. Maintain appropriate supervision ratios and never leave minors unattended. Educate participants on their rights and who to contact if they feel unsafe. (ALL)	Children and vulnerable individuals.	Before Measure: Med After Measure: Med
Sparring contact	Bruises, fractures, head injuries, concussions.	Safe sparring enhances technique and competitive readiness while minimizing injury risks.	Provide training on safe sparring techniques. Use protective gear such as headgear and mouthguards. Supervise sparring sessions closely to enforce safety protocols. Implement rules on acceptable levels of contact. (ALL)	Participants engaged in sparring.	Before Measure: High After Measure: Med
Accidental finger strikes	Finger dislocations, fractures, sprains.	Proper hand control minimizes the risk of finger injuries.	Teach proper hand and finger positioning during techniques. Use drills to reinforce safe hand movements. Provide feedback and corrections to adjust improper hand positions. Encourage control and precision in hand techniques. (ALL)	All participants.	Before Measure: Med After Measure: Low
Blisters from repetitive contact with the floor	Skin abrasions, pain, infections.	Proper foot care reduces discomfort and prevents skin injuries, enhancing training comfort.	Encourage the use of appropriate footwear or bare feet with proper mat hygiene. Provide education on foot care and blister prevention. Ensure mats are clean and smooth to reduce friction. Offer protective footwear if necessary. (ALL)	All participants.	Before Measure: Low After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Changing rooms	Slips, lack of privacy, theft, inappropriate behavior.	Changing facilities enhance comfort and convenience for participants.	Maintain cleanliness in changing rooms, focusing on keeping floors dry. Provide secure lockers for personal belongings. Ensure adequate privacy through proper facility design. Implement and enforce codes of conduct for behavior in changing areas. Supervise the area to deter misconduct. (ALL)	All users.	Before Measure: Med After Measure: Low
Collisions with other participants during drills	Bruises, fractures, head injuries from impacts.	Controlled interactions reduce collision risks and enhance training effectiveness.	Implement clear rules regarding spacing and engagement during drills. Use controlled drills to practice movements safely. Educate participants on maintaining awareness of their surroundings. (ALL)	All participants.	Before Measure: Med After Measure: Low
Competition pressure	Stress, anxiety, decreased performance, increased injury risk.	Supporting mental health fosters a healthier and more resilient karate community.	Provide mental health support and resources. Educate participants on stress management techniques. Encourage open communication about mental health concerns. Implement policies to prevent excessive pressure and unhealthy competition practices. (ALL)	Participants.	Before Measure: Med After Measure: Low
Contact without proper protective equipment	Increased severity of injuries from impacts.	Proper protective equipment reduces injury severity, allowing participants to train and compete more confidently.	Mandate the use of protective gear such as gloves, headgear, and pads during training and competitions. Provide access to high-quality protective equipment and ensure proper fitting. Educate participants on the importance of using and maintaining protective gear. Enforce gear usage rules consistently. (ALL)	All participants.	Before Measure: Med After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Falls during sparring or kata	Fractures, sprains, head trauma.	Proper falling techniques prevent injuries and allow safe practice of techniques.	Provide training on proper falling techniques (ukemi). Ensure mats are adequately padded. Supervise sparring and kata sessions to ensure safe execution of techniques. Encourage controlled practice with partners of appropriate skill levels. (ALL)	All participants.	Before Measure: Med After Measure: Low
Fatigue	Decreased performance, increased injury risk.	Managing fatigue enhances performance and reduces injury risks.	Monitor training intensity and duration. Encourage regular hydration and proper nutrition. Educate participants on recognizing signs of fatigue. Implement rest days and recovery protocols. (ALL)	All participants.	Before Measure: Med After Measure: Low
Hot environments without proper hydration	Heatstroke, dehydration, heat exhaustion.	Managing heat exposure ensures participant safety and performance.	Provide shaded areas and hydration stations during training. Schedule training sessions during cooler times of the day. Educate participants on the importance of staying hydrated and recognizing signs of heat-related illnesses. Encourage the use of moisture-wicking attire. (ALL)	All participants.	Before Measure: Med After Measure: Low
Improper form during head movements	Neck strains, head injuries.	Proper head movements enhance safety and technique effectiveness.	Provide training on proper head movement techniques. Incorporate drills that focus on safe head positioning. Supervise exercises to ensure correct form. Use spotters during head movement drills. (ALL)	All participants.	Before Measure: Med After Measure: Low
Improper warm-up/cool-down	Muscle strains, sprains, injuries from insufficient preparation or recovery.	Proper warm-up and cool-down enhance performance and reduce the likelihood of injuries.	Implement mandatory warm-up routines that include dynamic stretching and light exercises. Encourage cool-down sessions with static stretching and relaxation techniques after training. Educate participants on the importance of warming up and cooling down to prevent injuries. (ALL)	All participants.	Before Measure: Med After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Inadequate instructor supervision	Unsafe behavior, increased injury risk, delayed emergency response.	Effective supervision ensures safe training and prompt response to incidents.	Ensure qualified instructors or supervisors are present during all training sessions. Maintain appropriate participant-to-instructor ratios. Supervise activities closely to enforce safety rules and intervene when necessary. Provide ongoing training for supervisors on safety and emergency procedures. (ALL)	All participants, especially beginners.	Before Measure: Med After Measure: Low
Inadequate safety briefing	Unawareness of risks, leading to accidents.	Safety briefings increase awareness and preparedness, enhancing overall training safety.	Conduct thorough safety briefings before each training session, covering potential hazards, safety rules, and emergency procedures. Encourage questions to ensure understanding. Reinforce key safety points throughout the session. Provide written materials or signage as reminders. (ALL)	All participants.	Before Measure: Med After Measure: Low
Inadequate ventilation	Respiratory issues, heat exhaustion.	Proper ventilation maintains a comfortable and healthy training environment, preventing respiratory issues and heat-related illnesses.	Ensure training areas are well-ventilated to maintain air quality. Use fans or HVAC systems in indoor dojos. Monitor temperature and air circulation during training. Encourage participants to take breaks in cooler areas. (ALL)	All participants and staff.	Before Measure: Med After Measure: Low
Inappropriate clothing	Restricted movement, increased injury risk, discomfort.	Appropriate clothing enhances performance and reduces injury risks.	Provide guidelines on appropriate karate attire. Encourage the use of comfortable, flexible clothing that allows full range of motion. Inspect attire before training sessions. Educate participants on the importance of proper clothing for safety and performance. (ALL)	All participants.	Before Measure: Med After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Kicking incorrectly or with poor footwear	Ankle injuries, slips, falls.	Proper footwear and kicking techniques enhance performance and reduce injury risks.	Provide guidelines on appropriate footwear for karate. Encourage the use of supportive and non-slip shoes. Train participants on proper kicking techniques to maintain balance and control. Inspect footwear regularly for wear and tear. (ALL)	All participants.	Before Measure: Med After Measure: Low
Kicks and punches	Bruises, fractures, sprains, head injuries.	Proper execution of techniques enhances skill while minimizing injury risks.	Provide training on controlled and proper execution of kicks and punches. Use protective gear such as gloves and shin guards. Supervise practice sessions to ensure techniques are performed safely. Implement rules on acceptable levels of contact during practice. (ALL)	All participants.	Before Measure: High After Measure: Low
Locks or takedowns	Joint injuries, muscle strains, nerve damage.	Properly executed locks and takedowns enhance technical skills while minimizing injury risks.	Provide detailed instruction on safe application and release of locks and takedowns. Use controlled drills to practice techniques under supervision. Educate participants on recognizing the limits of their partners. Encourage tapping out to prevent overexertion. (ALL)	Participants during training and matches.	Before Measure: Med After Measure: Low
Miscommunication during partner drills	Accidental collisions, unsafe maneuvers, injuries.	Clear communication prevents misunderstandings and enhances safety during drills.	Promote clear and effective communication methods among participants. Use verbal and non-verbal cues to indicate movements and intentions. Educate participants on the importance of awareness and communication to prevent accidents. Supervise drills to facilitate and enforce communication protocols. (ALL)	All participants in partner drills.	Before Measure: Med After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Overcrowding	Increased risk of collisions, limited space for safe execution of techniques.	Adequate space ensures safer interactions and more effective training for all participants.	Limit the number of participants in training sessions to prevent overcrowding. Schedule classes and sessions to manage participant flow effectively. Arrange training spaces to maximize open areas and ensure clear pathways. Supervise areas to enforce capacity limits. (ALL)	All participants in training areas.	Before Measure: Med After Measure: Low
Overexertion	Fatigue, muscle strains, decreased performance.	Balanced exertion levels maintain performance and reduce injury risks.	Monitor training schedules to prevent overexertion. Encourage regular hydration and proper nutrition. Educate participants on recognizing signs of overexertion. Implement rest days and recovery protocols. (ALL)	All participants.	Before Measure: Med After Measure: Low
Personal belongings left near training areas	Trips, falls, injuries from obstacles.	Organized training areas reduce tripping hazards and maintain a safe environment.	Ensure training areas are organized and free from clutter. Provide designated storage areas for personal belongings and equipment. Educate participants on maintaining a clear training space. Implement rules to keep personal items off the mats and practice areas. (ALL)	All participants.	Before Measure: Low After Measure: Low
Poor lifting or technique	Back injuries, muscle strains, joint injuries.	Proper lifting techniques enhance performance and reduce injury risks.	Provide training on proper lifting techniques. Use supervised drills to practice lifts safely. Encourage gradual progression in lifting weights. Incorporate strength and conditioning exercises to support safe execution of lifts. (ALL)	All participants.	Before Measure: Med After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Poor technique during throws	Joint injuries, muscle strains, spinal injuries.	Proper throwing techniques enhance performance and reduce injury risks.	Provide comprehensive training on proper throwing techniques. Use step-by-step instruction and supervised practice. Offer corrective feedback to adjust improper forms. Incorporate strength and conditioning to support safe execution of throws. (ALL)	All participants.	Before Measure: Med After Measure: Low
Poor-quality or damaged protective gear	Increased injury severity due to inadequate protection.	Reliable protective gear ensures effective protection and reduces injury risks.	Conduct regular inspections of all protective gear for signs of wear or damage. Replace any faulty or damaged gear promptly. Use high-quality, safety-certified protective equipment. Educate participants on the importance of using and maintaining protective gear. (ALL)	All participants.	Before Measure: Med After Measure: Low
Repetitive movements	Overuse injuries, tendinitis, muscle strains.	Balanced and varied training reduces the risk of overuse injuries and promotes overall fitness.	Incorporate varied training routines to prevent repetitive strain. Schedule adequate rest and recovery periods between intense training sessions. Educate participants on the importance of cross-training and balanced workouts. Monitor for signs of overuse and adjust training accordingly. (ALL)	All participants.	Before Measure: Med After Measure: Low
Respiratory issues from intense kiai (shouts)	Breathing difficulties, vocal strain, dizziness.	Proper breathing techniques maintain cardiovascular stability and reduce injury risks.	Provide training on proper breathing techniques during kiai. Encourage controlled shouts to prevent hyperventilation. Provide breaks during training to allow for breathing recovery. Monitor participants for signs of respiratory distress. (ALL)	All participants.	Before Measure: Low After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Sharp objects	Cuts, puncture wounds, lacerations.	A clean and hazard-free environment prevents accidental injuries, allowing safe training.	Ensure training areas are free from sharp objects or debris. Regularly inspect and clean the dojo to maintain a safe environment. Educate participants on avoiding contact with potentially sharp surfaces or equipment. Use protective gear where necessary. (ALL)	All participants.	Before Measure: Med After Measure: Low
Sparring with mismatched skill levels	Increased risk of accidents due to incompatible skill sets.	Proper matching enhances training effectiveness and reduces the likelihood of accidents.	Assess and match partners based on experience and skill levels. Provide separate sessions or groups for different skill levels. Educate participants on the importance of sparring with appropriately skilled partners. Supervise sparring sessions to ensure compatibility. (ALL)	All participants.	Before Measure: Med After Measure: Low
Sudden directional changes	Muscle strains, sprains, falls.	Improved agility and control enhance performance while reducing injury risks.	Train participants on maintaining balance and control during movements. Incorporate drills that focus on agility and quick directional changes. Educate on proper footwork and body positioning to manage sudden changes safely. (ALL)	All participants.	Before Measure: Med After Measure: Low
Wearing jewelry	Injuries from accidental impacts, equipment entanglement.	Removing jewelry prevents accidental injuries and equipment entanglement, ensuring a safer training environment.	Prohibit the wearing of jewelry during training and competitions. Educate participants on the risks associated with jewelry in karate. Provide secure storage options for personal belongings if necessary. Enforce jewelry-free policies consistently. (ALL)	All participants.	Before Measure: Med After Measure: Low

HAZARD	RISK	RISK BENEFIT	MEASURE	RISK TO	RISK LEVEL
Wet or poorly maintained floors	Slips, trips, falls, injuries from unstable or slippery surfaces.	Safe floor conditions allow participants to train effectively without slipping risks.	Regularly inspect and maintain training areas to ensure dry and stable floor conditions. Use non-slip mats and proper flooring materials. Repair any damaged surfaces promptly. Educate participants on safe movement practices in the dojo. (ALL)	All participants and staff.	Before Measure: Med After Measure: Low
Unpredicted risks	Illness, injury, death		Continuous risk monitoring conducted by all staff. Any unforeseen hazards must be reported promptly to supervisors or management, with immediate corrective action taken as necessary. (ALL)	All	N/A

NOTES

Extra notes & activity evaluation:

Completed by

Reviewed/Approved by

Risk Assessment Date

Review Required Date