



KARATE

Safety Guide

Sports Recreation

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Key Benefits

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Checklist Items

KEY BENEFITS

Muscular Strength

Enhances muscular strength and endurance through striking and kicking exercises.

Coordination & Balance

Improves coordination and balance essential for effective technique execution.

Mental Focus

Develops mental focus and discipline required for mastering karate forms and techniques.

Cardiovascular Fitness

Boosts cardiovascular fitness and stamina through high-intensity training sessions.

Flexibility

Increases flexibility and range of motion through dynamic stretching and movement.

Self-Confidence

Supports self-confidence and mental resilience through skill development and achievement.

KEY HAZARDS & CONTROL MEASURES

Sparring Contact

- ✓ 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

Head Impacts

- ✓ 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

Kicks and Punches

- ✓ 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

Falls During Sparring or Kata

- ✓ 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

Collisions During Drills

- ✓ Implement clear rules regarding spacing and engagement during drills
- ✓ Use controlled drills to practice movements safely
- ✓ Educate participants on maintaining awareness of their surroundings

Poor-Quality Protective Gear

- ✓ 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

Wet or Poorly Maintained Floors

- ✓ Regularly inspect and maintain training areas to ensure dry and stable floor conditions
- ✓ Use proper flooring materials
- ✓ Repair any damaged surfaces promptly
- ✓ Educate participants on safe movement practices in the dojo

Improper Warm-up/Cool-down

- ✓ Implement mandatory warm-up routines that include dynamic stretching and low-impact cardio sessions with static stretching and relaxation techniques
- ✓ Educate participants on the importance of warming up and cooling down to prevent injuries

Inadequate Instructor Supervision

- ✓ 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

Safeguarding

- ✓ 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

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Venue & Equipment

- Training floor clean, dry, and free from hazards
- Adequate space for all participants
- Protective equipment inspected
- Emergency exits clear
- Mats properly secured (if used)
- Training area clear of obstacles
- First aid kit accessible and stocked

Participants

- All wearing clean, appropriate gi
- Fingernails and toenails trimmed short
- Any injuries/health issues declared
- Membership and insurance valid
- No jewellery, watches, or piercings
- Long hair tied back securely
- Protective gear worn for sparring

Supervision & Documentation

- Qualified instructor(s) present
- First aider identified and present
- Session plan appropriate for participants
- Appropriate instructor-to-participant ratio
- Attendance register completed



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