

UNIVERSITY OF OXFORD SPORTS DEPARTMENT					
OXFORD UNIVERSITY JUDO CLUB/ OXFORD CITY JUDO CLUB				DATE: August 2016	
RISK ASSESSMENT					
<p>Locations The normal locations are the Iffley Road Dojo and the Main Sports Hall. Where one-off activities (e.g the Varsity match) take place in a different location, a risk assessment specific to that venue is always carried out in advance by the host club or other body and validated by the British Judo Association.</p> <p>Oxford Judo Coaching Policy. It is the policy of both clubs's (in accordance with OUSD requirements) that activities are without exception conducted under the direction of at least one BJA qualified and insured coach or instructor nominated by the club committee. Additionally Oxford Judo publishes a Members' Code of Practice which is sent to every member as required reading.</p>					
HAZARD	WHO AFFECTED	NATURE OF RISK (examples only)	RISK FACTOR	PRIMARY CONTROL MEASURES IN PLACE	ADDITIONAL CONTROL MEASURES (INCLUDING BY EXTERNAL AGENCIES)
<p>TRAINING HAZARDS</p> <p>Minor trauma typically arising from inadequate preparation for intensive contact activity</p>	All Judo participants	Lifting or tearing of finger and toe nails caught in opponents judogi.	Low	Code of Practice	Participants are encouraged to declare any medical conditions prior to undertaking judo activity.
		Dislocated or broken toes.		Mats are inspected before training session.	
		Muscle fatigue, cramp, sore/stiff joints, pulled and strained muscles, ligaments and tendons etc.		Coaches supervise thorough warm up routines before and after sessions.	When judo mats have to be put in place prior to a training session in the main sports hall, the process is supervised by a qualified coach to ensure that appropriate lifting and carrying techniques are applied.
		Bruising of skin, bone and muscle (mainly poor technique of inexperienced players)		Coaches trained to intervene and correct poor technique.	Coaches control exercise level appropriate to individuals capability and intervene if symptoms are observed.
		Dehydration, dizziness, hyperventilation and nausea		Adequate "refreshment breaks" scheduled by coaches.	At least one hour should be allowed by individuals between eating and training.
				Dojo temperature to be maintained close to 18 deg. C with adequate ventilation	

Accidental injury or other trauma arising from nature of the sport	Judo Participants	Dislocations or fractures arising from an awkward or heavy fall or fracture of elbow-joint during groundwork.	Medium	<p>Beginners are trained in break-falling techniques</p> <p>All warm-ups include breakfalling practice for all participants.</p> <p>Initial training includes recognition of when to submit to armlocks to avoid injury to self. Beginners are trained to be aware and to submit immediately to an effective strangulation technique. Pressure must be released by <i>tori</i> as soon as <i>uke</i> submits or shows signs of losing consciousness.</p> <p>Coaches control numbers on mat at any time in relation to nature of activity and available mat area.</p>	
		<p>Unconsciousness caused by strangulation</p> <p>(can occasionally occur when the technique is applied very quickly or when the person being strangled is otherwise unable to submit in time)</p>	<p>Medium</p> <p>Occurs very occasionally in contest situation, but then requiring rapid first-aid/ paramedic intervention.</p>	<p>Occasionally players are unable to indicate submission in time (arms may be trapped). Referees have to be alert to the possibility of this situation and are trained to intervene as soon as this situation becomes apparent.</p>	
More serious injury or trauma arising from poor or illegal technique		<p>Serious injury to head, neck or spine.</p> <p>(low probability but potential for disablement or death)</p>	High	<p>All beginners are assessed on knowledge of “forbidden acts”. This assessment is then repeated during further promotional grading exams.</p> <p>This is reinforced by the “code of practice”</p>	<p>Practices (such as head-diving and necklocks), which increase the risk of such injuries, are totally forbidden in judo rules and warrant instant intervention by the supervising coach in free practice and disqualification by the referee in contest. (ongoing)</p>

INFECTION	Judo Participants	Contraction of infectious diseases (especially foot infections) from contact with dirty judo mats caused by unhygienic practices or serious infections from blood spills	Medium	Code of Practice highlights need for scrupulous personal and dojo hygiene, (especially keeping mats clean). Session suspended while blood spill is cleaned up.	Additional risk arises from other dojo users not adopting scrupulous hygiene practices. Essential for OUSD to ensure consistency of H and S policies in this regard.
DRUGS AND ALCOHOL	Self and others.	Risk to health and physical safety before during and after judo activity	Low	The use of non-prescription drugs and/or alcohol in judo is totally prohibited. Anyone suspected of doing is barred from the mat until further notice.	
FIRE	Participants, spectators, visitors	Risk of burns and/or fatality		Safety briefings to be given by session coach at the beginning of sessions including procedure in event of fire, location of nearest emergency exits and fire assembly points.	Information to be included in club Health and Safety Code of Practice. OUSD to ensure notices indicate fire exits and keep them open during normal hours of activity
LIMITED SAFETY AREA SURROUNDING MATS	Participants, spectators, visitors	Spectator injured by collision with, or being fallen on by, a judo player. Also serious injury to judo player as a consequence	Medium in small dojo Low in sports hall	Spectators, whether participants or not, are barred from sitting on the edge of the mat area.	Bench seating to be kept clear of bags and equipment – additional temporary storage space to be provided close to dojo.
TRAFFIC AND SIMILAR ACCIDENTS WHILE TRAVELLING AWAY FROM BASE LOCATION. (BOTH IN UK AND ABROAD)	Participants and general public	Risk of major incident involving serious injury or death.	High Risk factor due to potentially extreme consequences	Full compliance with University Regs. Specific risk assessment must be prepared and an accountable event organiser appointed for each occasion. Car/minibus drivers must have full current driving licence, have passed university accredited tests and be 21 years or older.	Timely submission of required documentation to S. Fed for each event. For trips out of UK, registration forms are required to be submitted to Sports Federation one month in advance. A database of emergency numbers will be maintained. In event of major accident OU security services must be contacted on 01865 289999

RECOMMENDATIONS FOR RISK REDUCTION

Action	By When?	By Whom?	Completed
none			

Club President Date

Club Secretary Date

Health and Safety Officer Date

Date	Comments	Actions	Completed

Club President Date

Club Secretary Date

Health and Safety Officer