

<b>CU Judo Club</b>	<b>Date: September 2021</b>	<b>Review Date: September 2021</b>
<b>Risk Assessment: Judo</b>		

Description of the activity, equipment or area under assessment  
 Judo training, set up/take down of equipment, travel, socials.

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
<b>Injuries during practice sessions</b>	<p><b>Standing judo techniques</b> require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.</p> <p>If too many people are training on the mat at any one time, there is a potential to fall / trip / bang into each other causing injury.</p> <p><b>Groundwork techniques</b> involve armlocks, strangles and hold-downs. All of which have the potential for injury. It should be noted that strangles have the potential to result in unconsciousness.</p>	Medium	<p>All players are made aware of contest rules and etiquette before training.</p> <p>No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to properly break-fall correctly. All throws are done on mats to lessen the impact of the fall.</p> <p>When teaching more advanced throws, such as Ura-nage or Kata-guruma, crash mats will be used to lessen the impact of the fall.</p> <p>Appropriate space will be made through the addition of extra mats dependent on the number of players.</p> <p>BJA Club Coaches Judo training will normally only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid. An exception is the Beginners' Course in Michaelmas which can be conducted by at least two BJA level 1 Coaches who strictly adhere to the session plan as prepared and discussed with a qualified BJA level 2 minimum Coach.</p> <p>Coaching licenses, DBS-checks and First Aid licenses have to be checked on a regular basis. The President reports to the committee during a Committee Meeting if all checks are up to</p>	

			<p>date.</p> <p>In the event of minor head injuries, the protocol detailed in the Safety Policy should be obeyed.</p> <p>Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to apply these techniques gradually.</p> <p>The Minor Head Injury Protocol, as detailed in the Safety Policy, will be obeyed in the event of a player falling unconscious as a result of a strangle.</p> <p>Make sure individuals understand the need to return to standing work in Randori situations as soon as possible.</p> <p>During full Randori situations (standing with transition to ground-work), there will never be more than 6 contests on the mat at any one time. Contests will be supervised.</p> <p>Have specific training for different skill levels.</p> <p>Players will train at their own discretion with other grades.</p> <p>Players are not forced to train with any person they do not feel comfortable with.</p>	
<b>General Injuries</b>	<p>Pulled Muscles, strains, bruising etc.</p> <p>Strenuous exercise can lead to muscle fatigue, cramp, sore/stiff joints, pulled and strained muscles, ligaments and tendons.</p> <p>Cuts and abrasions.</p> <p>Can occur due to students</p>	Medium	<p>Coaches are first aid trained: qualified first aiders will treat all injuries immediately. For more severe injuries, the Sports Centre staff has to be informed.</p> <p>Students must take part in the warm up at the beginning of the class in order to stretch all the necessary muscles and joints used in the practice of judo.</p> <p>Cuts and abrasions should be cleaned and dressed immediately and before continuing with any practice.</p> <p>All students must keep their own nails short to avoid unnecessary injuries.</p>	

	<p>having long nails or as a result of a mishap e.g. nose bleed. Friction burns</p>		<p>Thorough warm up/down exercises and medical/injury checks are to be carried out at the beginning and end of every session.</p> <p>The age and general health/fitness of individuals should be respected.</p> <p>Extra provision of coaches and numbers on the mat should be observed when coaching people with extra needs.</p> <p>Club implements the BJA 'Safelandings' protocol.</p> <p>The Committee members and coaches report all injuries, accidents and near misses to the Club's Presidents who passes these on to the Sports Service.</p> <p>The Health and Safety measures in place are regularly assessed at Committee meetings and amended or extended if necessary.</p>	
<b>Equipment</b>	<p><b>Mats</b></p> <p>Mats can separate (damage) during training.</p> <p>Mats can become slippery during training due to sweat and condensation.</p> <p>Mats can become dirty.</p> <p>Worn-out mats increase the risk of injury.</p> <p><b>Kit (Club owned):</b> Potential for transmission of skin disease if worn by player with skin complaint.</p>	Low	<p>Mats are kept in the storage room/cupboards next to the facility where they should be checked visually on a regular basis to identify damage.</p> <p>Mats deemed unfit for training have to be removed and replaced.</p> <p>No socks or any other kind footwear are to be worn on the mats. This reduces the risk of mat damage, dust being carried onto the mats and also reduces the risk of slipping off.</p> <p>Kit/Judogis loaned to players (until own kit purchased) will be returned in a clean state.</p> <p>Dirty kit has to be stored separately from clean kit, e.g. two different boxes.</p>	

	<b>First aid kit:</b> Required to treat minor injuries.			
<b>Laying and storing of mats</b>	<p>There is a risk of back injury when lifting judo mats.</p> <p>The storage area/cupboards should be suitable to minimise the risk of damage to equipment.</p>	Low	<p>All persons need to be aware of the potential for back injury.</p> <p>Coaches must ensure that appropriate lifting and handling techniques are applied.</p> <p>Mats should not be piled higher than 2m (50x4cm mats) to avoid damage to the mats.</p> <p>If the pile exceeds one's shoulder height, a second person should be asked to assist.</p>	
<b>Over exertion, dehydration, exhaustion</b>	<p>Heat injury, urinary and kidney problems, seizures, shock due to low blood volume</p>	Low	<p>Members are encouraged to bring water bottles to the dojo and coaches will allow for regular breaks to enable players to rehydrate.</p> <p>Any player who requires a rest will be allowed to sit out to recover.</p> <p>Techniques are taught at the level of the individual.</p>	
<b>Infectious diseases</b>	<p>Due to the potential for bleeding there is a risk that infectious diseases could be transmitted.</p> <p>Sweat and dirt could build up on the mats with constant use.</p>	Low	<p>Prior to any practice session, the mats must be inspected for blood stains and cleaned as necessary.</p> <p>Any blood on the mat MUST be cleaned immediately. A person with a bleeding injury will not be allowed back on the mat until the bleeding has stopped or has been safely covered.</p> <p>To minimise the risk of infection whilst removing blood from the mats, adequate gloves (e.g. purple nitrile) must be worn when cleaning mats. A liquid disinfectant should be used to dilute blood and reduce the germ count. The committee ensures regular restocking of gloves, disinfectant and paper wipes.</p> <p>General personal Hygiene should be observed and kept to an acceptable standard.</p>	
<b>Travel to and</b>	Travel safety issues – car	Low	Coaches and buses should be hired via the Sports Service or	

<b>from competitions (outside the club)</b>	crashes, car/coach breaking down, insufficient insurance		from a reputable company. Travelling in private cars is only permitted if adequate insurance for the drivers and their passengers are in place. This might not always be the case, e.g. cars with a non-UK insurance.	
<b>Socials</b>	Issue of drinking culture.	Low	Social events are planned, no encouragement to drink to excess, alcohol controlled at events, held in licensed premises. Club code of conduct in place.	
<b>Child and vulnerable adult safeguarding issues</b>		Low	Coaches are required to undergo a Child Safeguarding course as part of their qualification.  Club Code of Conduct and Child Safeguarding Policies are in place. The Club implements the BJA 'Safelandings' and the 'Safeguarding Adults Policy'.  All players must be 16 or over.	
<b>Fire safety</b>	Fire in the studio or inside or outside the Sports Centre premises	Low	The University of Cambridge Sports Centre fire safety procedures will be followed.	

## COVID-19 Addendum

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
<b>Access to training facility/location</b>	Direct person-to-person transmission.  Transmission via contact with surfaces and items.	Medium	<ul style="list-style-type: none"> <li>- Lay out procedures and processes that judoka must abide by when arriving at and travelling around the venue in advance of the session.</li> <li>- Ensure signage is in place to explain processes.</li> <li>- Ensure that judoka are aware of the need to obey social distancing guidelines at all times.</li> </ul>	
<b>Registration of attendees (Track and Trace)</b>	Direct person-to-person transmission.  Transmission via contact with surfaces and items.	Medium	<ul style="list-style-type: none"> <li>- Ensure all judoka have registered/signed in to enable effective Track and Trace to occur.</li> <li>- Ensure all judoka have provided a signed Athlete Indemnity Form for each session, preferably an electronic version.</li> <li>-</li> </ul>	
<b>Spread of infection</b>	Direct person-to-person transmission.  Transmission via contact with surfaces and items.	High	<ul style="list-style-type: none"> <li>- Attendees must thoroughly wash/sanitise their hands, as per government guidelines, on arrival.</li> <li>- Attendees must wear face coverings when required by the venue and/or government.</li> <li>- Ensure all attendees can adhere to social distancing guidelines at all times.</li> <li>-</li> </ul>	
<b>Judo mats</b>	Transmission via contact with surfaces and items.  Injury due to incorrect lifting technique.  Injury due to slips and falls.	Medium	<ul style="list-style-type: none"> <li>- Mats must be laid out/put away by designated volunteers who are aware of safe manual handling and kinetic lifting techniques, and wearing recommended PPE, disposed of into a bin,</li> <li>- Ensure that mats are thoroughly cleaned prior to starting the session, with Government recommended products, and are given sufficient time to completely dry,</li> <li>- Inspect the mat area to ensure that mats are completely dry, and there are no signs of gaps or damage.</li> <li>- Ensure mats are cleaned again prior to being put away.</li> </ul>	
<b>Changing facilities/toilets</b>	Direct person-to-person transmission.  Transmission via contact with surfaces and items.	Medium	<ul style="list-style-type: none"> <li>- Attendees should use the toilet prior to travelling to the session, to minimise the need to use the toilets at the venue.</li> </ul>	

<b>Surfaces and equipment</b>	Transmission via contact with surfaces and items.	Medium	<ul style="list-style-type: none"> <li>- Attendees must wash their judogis at 60°C or per manufacturers guidelines before and after each session.</li> <li>- Club owned Gis will not be lent out at this time.</li> <li>- The minimum necessary equipment will be stored at the venue.</li> <li>- Ensure that Doors/Handles and any equipment used (e.g. plastic cones) are thoroughly cleaned with Government recommended products before and after each session.</li> </ul>	
<b>Inclement or adverse weather in outdoor training.</b>	<ul style="list-style-type: none"> <li>- Injury due to slips, trips and falls.</li> <li>- Hypo- or hyper-thermia/heat injury.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>- A decision will be made by the President and/or coaches whether the weather conditions are prohibitive to the safety of participants or the structure of the equipment.</li> </ul>	
<b>Playing surface for outdoor training.</b>	<ul style="list-style-type: none"> <li>- Injury due to slips, trips and falls.</li> </ul>	Low	<ul style="list-style-type: none"> <li>- Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout.</li> <li>- Carry out a visual inspection of the area and clear of any potential hazards.</li> </ul>	
<b>First aid</b>	<ul style="list-style-type: none"> <li>- Direct person-to-person transmission</li> <li>- Ineffective CPR</li> </ul>	Medium	<ul style="list-style-type: none"> <li>- Ensure that adequate PPE is supplied in the First Aid Kit, and face coverings are worn if the social distancing guidelines cannot be obeyed whilst administering first aid.</li> <li>- Monitor guidelines on CPR procedures (rescue breaths currently removed). Call 999 immediately if someone requires resuscitation and administer CPR.</li> <li>- Appoint a designated first aider for each session to minimise the number of people that may potentially be unable to socially distance if first aid is required.</li> <li>- Clean and replenish the First Aid Kit after use.</li> </ul>	
<b>General injuries</b>	<ul style="list-style-type: none"> <li>- Non-threatening injuries</li> <li>- Accidents requiring further treatment</li> </ul>	Medium	<ul style="list-style-type: none"> <li>- Coaches are first aid trained</li> <li>- First Aid incidents will be recorded internally and with the Sports Service.</li> </ul>	
<b>Controlled session/adapted activity</b>	<ul style="list-style-type: none"> <li>- Injuries to athletes</li> <li>- Spread of infection</li> </ul>	Low	<ul style="list-style-type: none"> <li>- Warm up and cool down must be conducted for the session.</li> <li>- All participants are covered for taster sessions as part of the Club's Public liability insurance.</li> <li>- No contact between attendees unless from the same household.</li> <li>- Judo training will only take place under the direct</li> </ul>	

			<p>supervision of a qualified BJA coach, who are also trained in first aid, have undergone safeguarding young people and vulnerable adults training, and have a clear DBS check.</p> <ul style="list-style-type: none"> <li>- Ensure potential for online coaching.</li> <li>- Demonstration of technique and Judo activity will only be carried out by a qualified and insured judoka and in line with the mat area size and conditions.</li> </ul>	
<b>Child and vulnerable adult safeguarding /Data Protection issues</b>		Low	<ul style="list-style-type: none"> <li>- BJA Safeguarding policy will be adhered to throughout all Club activities.</li> <li>- All Coaches and volunteers will hold a clear and current DBS and valid coaching qualification.</li> <li>- Attendees will be made aware of how their personal data may be used and shared with the government and Sports Service, in line with the NHS Track and Trace guidelines.</li> </ul>	
<b>Cleaning regime</b>	<p>Storage and disposal of cleaning solutions</p> <p>Transmission via contact with surfaces and items</p> <p>Toxic fumes from cleaning products.</p>	Low	<ul style="list-style-type: none"> <li>- Usual PPE and clothing should be worn. When cleaning surfaces, it is not necessary to wear PPE or clothing above what would usually be used.</li> <li>- Waste can be disposed of in municipal waste bins as normal. Waste does not need to be placed in an extra bag or stored for a time before throwing away.</li> <li>- Hands should be washed for 20 seconds once PPE has been removed.</li> <li>- Avoid mixing cleaning products together.</li> <li>- Follow manufacturers instructions for dilution, application, and contact times for all detergents and disinfectants.</li> <li>- Manufacturers and venue's instructions should be followed for disposal of cleaning solutions and cleaning equipment.</li> </ul>	
<b>Time away from activity</b>	<p>Lowered physical fitness and skill levels.</p> <p>Risk of injury.</p>		<ul style="list-style-type: none"> <li>- Warm up and cool down must be conducted for the session.</li> <li>- Coaches must plan sessions to allow for attendees to regain fitness and minimise the risk of injury.</li> <li>- Demonstration of technique and Judo activity will only be carried out by a qualified and insured judoka and in line with the mat area size and conditions.</li> <li>- Essential skills must be recapped at return to play to</li> </ul>	



			ensure attendees can safely carry them out.	
<b>Lack of clarity</b>	Direct person-to-person transmission.  Transmission via contact with surfaces and items.  Injury.	Medium	<ul style="list-style-type: none"> <li>- Government and BJA regulations and guidance must be shared with members in a simple and clear manner.</li> <li>- Attendees must seek clarification on any procedures that they are unsure with.</li> <li>- Club members will be provided with updates to information as and when required, to ensure that they do not inadvertently disobey any regulations or procedures.</li> <li>- Care should be taken to explain how to conduct exercises and techniques, especially during online training sessions.</li> <li>- Demonstration of technique and Judo activity will only be carried out by a qualified and insured judoka and in line with the mat area size and conditions.</li> </ul>	
<b>Transport</b>	Direct person-to-person transmission.  Transmission via contact with surfaces and items.	Low	<ul style="list-style-type: none"> <li>- Encourage attendees to use personal modes of transportation.</li> <li>- Attendees should travel to and from sessions alone, or with members of their own household.</li> <li>- Attendees should maintain social distancing guidelines when interacting with or in the proximity of people from different households.</li> <li>- Attendees should wash hands/sanitise before leaving home, and after arriving home from a session. Government guidelines on handwashing should be obeyed.</li> </ul>	
<b>Social activities</b>	Direct person-to-person transmission.	Low	<ul style="list-style-type: none"> <li>- Attendees and organisers must be aware of current government regulations and guidance, and obey these.</li> <li>- <b>Currently</b> Club members should not socialise in groups of more than 6 people.</li> <li>- Club members must be aware that social distancing regulations must be obeyed at all times.</li> <li>- Social interactions should occur outdoors if possible, or in a well ventilated indoor space.</li> </ul>	
<b>Online training sessions</b>	Risk of injury.	Low	<ul style="list-style-type: none"> <li>- Attendees should be made aware of the session outcomes.</li> <li>- Attendees should be given alternative exercises to modify training up or down if required.</li> <li>- Attendees should be sensible during training not to</li> </ul>	

			<p>over-exert themselves.</p> <ul style="list-style-type: none"><li>- A warm up and cool down must be carried out.</li><li>- Attendees should carry out their own safety checks of their training area and remove any potential hazards.</li></ul>	
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## EMERGENCY PROCEDURES

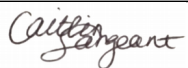
Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding):

The University of Cambridge Sport Centre procedures will be followed.

## ASSESSOR

Name of assessor:	Signature:	Date	Name of Supervisor:	Signature:	Date
David-Benjamin Gryś		5th August 2019	- does not apply -	- does not apply -	- does not apply -

## REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here
David-Benjamin Gryś		5th August 2019	implemented changes required by University Safety Office after Safety Audit in May 2019
David-Benjamin Gryś		6th October 2019	Beginners' sessions can be taken by at least two BJA level 1 Coaches following the sessions plan laid out by a BJA level 2 minimum Coach.
Caitlin Sargeant		20 <sup>th</sup> September 2020	Updated to ensure control of potential spread of COVID-19 and other infections.
Peter Hampshire		22 <sup>nd</sup> October 2021	Updated to relax COVID-19 rules in accordance with government guidelines.