

<b>CU Judo Club</b>	<b>Date: October 2023</b>	<b>Review Date: September 2024</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 having long nails or as a</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>	

	result of a mishap e.g. nose bleed. Friction burns		<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>Concussions</b>	Brain injury	Medium	<p>Concussions result from many types of incidents, but unique issues arise from sports-related concussions because decisions need to be made about safe return to practice and competition after a period of recovery. This "invisible" injury disrupts the brain's normal physiology which can affect mental stamina and function, causing the brain to work longer and harder to complete even simple tasks. A concussion may involve loss of consciousness (being "knocked out"), but the majority do not. Ultimately, all concussions are serious because they are brain injuries.</p> <p>Typical symptoms are:</p> <ul style="list-style-type: none"> <li>● Headache</li> <li>● Nausea/vomiting</li> <li>● Dizziness</li> <li>● Unsteadiness/loss of balance and poor coordination</li> </ul>	

			<ul style="list-style-type: none"> <li>● Confusion</li> <li>● Feeling stunned/dazed</li> <li>● Seeing stars or flashing lights</li> <li>● Ringing in the ears</li> <li>● Double vision</li> </ul> <p>Typical signs are:</p> <ul style="list-style-type: none"> <li>● Loss of consciousness/impaired consciousness</li> <li>● Fits/seizures</li> <li>● Slowness at answering questions/following instructions</li> <li>● Easily distracted/unable to concentrate on tasks</li> <li>● Displaying inappropriate emotions (e.g. laughing, crying)</li> <li>● Slurred speech</li> <li>● Personality changes</li> <li>● Decreased fighting ability</li> </ul> <p>If a player displays any of the above symptoms or signs, then concussion should be considered. Any player suspected of having concussion must be treated as though they are concussed, withdrawn from a competition or training immediately and assessed by a doctor or physiotherapist.</p> <p>In the event of a blow causing unconsciousness/concussion:</p> <ol style="list-style-type: none"> <li>1. The player must be immediately withdrawn from training.</li> <li>2. It is recommended that the player be sent to the local Accident and Emergency (A&amp;E) department on the day of</li> </ol>	
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			<p>the incident for medical assessment and follow up even if they appear alright post incident.</p> <ol style="list-style-type: none"> <li>3. Complete physical and mental rest for 7-10 days following the incident is mandatory.</li> <li>4. This period of rest should be followed by a graduated return to training over the period of the following 14 days (NHS guidelines state that contact sports should be avoided for at least 3 weeks).</li> <li>5. It is highly recommended that the player be re-assessed by a competent medical professional before restarting training.</li> <li>6. An incident report form must be completed.</li> </ol> <p>NHS advice (NHS, 2018) states that the player should go to A&amp;E if they have:</p> <ul style="list-style-type: none"> <li>● Been knocked unconscious but have woken up.</li> <li>● Been vomiting since the injury.</li> <li>● A headache that does not go away with painkillers.</li> <li>● A change in behaviour, like being more irritable.</li> <li>● Problems with memory.</li> <li>● A blood clotting disorder (e.g. haemophilia) or take blood thinners (e.g. warfarin).</li> <li>● Had brain surgery in the past.</li> </ul> <p>999 should be called if the player has:</p> <ul style="list-style-type: none"> <li>● Been knocked unconscious and has not woken up.</li> <li>● Difficulty staying awake or keeping their eyes open.</li> <li>● A fit (seizure).</li> </ul>	
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<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> <p><b>First aid kit:</b> Required to treat minor injuries.</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>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>	Heat injury, urinary and kidney problems, seizures, shock due to low blood volume	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 from competitions (outside the club)</b>	Travel safety issues – car crashes, car/coach breaking down, insufficient insurance	Low	Coaches and buses should be hired via the Sports Service or 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	<ul style="list-style-type: none"> <li>• Non-alcoholic options will be guaranteed at all club social events and activities, and this information will be advertised alongside publicity of the event itself.</li> <li>• Access to food will be provided at socials where possible, and will be ensured in advance for larger events such as post-Varsity, Christmas and summer celebrations.</li> <li>• The club will not pressure anyone to take part or pass any form of initiation as part of their membership of the Club. Social activities will not involve, or promote, unsafe, illegal, degrading or anti-social behaviour or be based on the excessive consumption of alcohol.</li> <li>• Anyone who does drink to excess will be supported in returning to their college or residence and someone, who has not been drinking and can monitor their wellbeing (such as a porter), will be informed of their condition.</li> <li>• Club Welfare Policy and Officers in place to signpost athletes to support systems if needed.</li> <li>• Events involving alcohol will be held a reasonable amount of time before any scheduled training sessions.</li> <li>• Code of conduct in place</li> </ul>	
<b>Child and vulnerable adult safeguarding issues</b>		Low	<p>Coaches are required to undergo a Child Safeguarding course as part of their qualification.</p> <p>Club Code of Conduct and Child Safeguarding Policies are in place. The Club implements the BJA 'Safelandings' and the 'Safeguarding Adults Policy'.</p> <p>All players must be 16 or over.</p>	
<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.	
<b>CUJC club-level contest match pairing risk assessment</b>	The risk of unsafe match pairing can be reduced, along with the accompanying risk of injury.	Medium	In club-level competitions, which are defined as contests hosted by CUJC with no external competitors, the following criteria are considered by qualified club coaches to ensure safe match pairing in randori / shiai:	

			<ul style="list-style-type: none"> <li>• The prospective competitor's Judo technique, experience, and ability</li> <li>• The prospective competitor's grade (Kyu / Dan)</li> <li>• The prospective competitor's strength</li> <li>• The prospective competitor's chosen gender - as which they will be competing</li> <li>• The prospective competitor's sex assigned at birth</li> <li>• The prospective competitor's health and/or injuries</li> <li>• The prospective competitor's age</li> <li>• In competitions with weighted categories, the prospective competitor's weight</li> <li>• The prospective opponents the individual will be facing</li> </ul> <p>As an outcome of this assessment the coach may either decide a competitive match pairing suitable or unsuitable. It is important to note that any competition with participating members external to CUJC would be considered a BJA event, and will therefore be overseen by BJA competition policy</p>	
<b>Weight Management</b>	Illness as a result of purposeful weight gain or weight loss in order to 'make weight' for competition	Low	The club does not encourage players to lose/gain weight for competition. However, if a judoka is considering it to 'make weight' at a competition then they will be signposted to the Welfare Officer, Coaches and Captains for advice and support so that they can make an informed decision. This will include being encouraged to consult a nutritionist or medical professional before attempting any significant changes. Rapid weight loss before a competition is heavily discouraged.	
<b>Doping</b>	Illness as a result of performance enhancing or recreational drug use	Low	All judoka should abide by the British Judo Association's anti-doping rules. Any judoka found to be in breach of these or attending sessions during/after suspected drug use will be disciplined according to the club's code of conduct, with matters escalated to other bodies as appropriate. Judoka will not be permitted to train if they are suspected of being under the influence of drugs, including alcohol.	Provide link to BJA anti-doping policy on the website

## 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.
Showgo Kimura		21st September 2022	COVID-19 Addendum removed, to be reintroduced in event of change in government policy
Sarah Spencer		5th September 2023	The addition of the 'CUJC club-level contest match pairing risk assessment' following consultation with the BJA and the University of Cambridge Sports Service.
Sarah Spencer		19 <sup>th</sup> October 2023	Addition of sections covering concussion, weight management, doping, and socials.