

RISK ASSESSMENT - FACE-TO-FACE CLASSES

Training location King Henry School Sports Centre

Date of assessment 26/01/2021

Comments N/A

Activity	Who will be harmed?	Likelihood of Risk Occurring	Impact of Risk if it Occurs	Severity of Risk	Mitigation	Severity after Mitigation
Fitness and stretching	Students	Medium	Medium	Medium	1. Suitable warm up including joint rotations and gradual stretching. 2. Instructions will be provided for new exercises. Exercises will be performed under supervision. 3. Alternative exercises will be available to allow students to build up fitness and flexibility.	Low
Hand strikes, kicking and sparring	Students	High	Medium	High	1. Instructions to be provided for new strikes. Exercises and sparring will be performed under supervision. 2. Students will be spaced out to avoid collisions. 3. Safety and respect information to be given to students - encourages control and limiting the use of power. 4. Appropriate safety equipment to be worn whilst sparring (eg pads, groin guard, gumshield). 5. Sparring will be light-to-no contact. World Kuk Sool Won Association tournament sparring rules will be used to make sure that strikes are safe (eg no strikes to face, no strikes below the belt, reduced	Medium
Forms practice	Students	Medium	Medium	Medium	1. Instructions to be provided for new movements. 2. Instructor will be conscious about the space a student will use and take necessary action to reduce risk of collision. 3. Students to be suitably warmed up to reduce muscular injury.	Low
Technique practice	Students	Medium	High	High	1. Instructions to be provided for new techniques. 2. Safety and respect information to be given to students - encourages control and limiting use of power.	Medium
Break falling and acrobatics	Students	Medium	Medium	Medium	1. Mats to be used to reduce damage from falling. 2. Instructor will be conscious about the space a student will use and take necessary action to reduce risk of collision. 3. Instructions to be provided for new movements. 4. Students to be suitably warmed up to reduce muscular injury.	Low

					1. Instructions to be provided for new movements. 2. Instructor will be conscious about the space a student will use and take necessary action to reduce risk of collision. 3. Students to be suitably warmed up to reduce muscular injury. 4. Weapons will only be introduced to students once they have demonstrated the necessary coordination and balance required to handle the weapon safely. 5. For students under the age of 18, weapons will only be introduced to students with the consent and agreement of their parent or legal guardian. 6. Instructor will provide safety information to students about appropriate weapon handling (eg make space, go slow to start with, respect for weapon).	
Weapons practice	Students	Medium	High	High		Medium
Meditation	Students	Low	Low	Low	1. Instructions to be provided for new movements. 2. Instructor will be conscious about the sapce a student will use and take necessary action to reduce risk of collision.	Low
Board breaking	Students, Spectators	High	High	High	1. Instructions to be provided for safe board breaking practices and technique. 2. Instructor will be conscious about the space a student will use and take necessary action to reduce risk of collision. This includes being aware of the direction wood may travel in. 3. Students will practice focus and targetting with their strikes to reduce liklihood of striking incorrectly.	Medium
Safeguarding	Students, Spectators, Instructors	Medium	High	High	1. All instructors are trained and experienced in teaching Kuk Sool Won. 2. There will always be a suitably qualified and insured instructor (according to World Kuk Sool Won Association and Kuk Sool Won UK Schools standards) present to supervise class. 3. Instructors will have undertaken safeguarding and first aid training, and where appropriate obtained necessary qualifications or accreditations. 4. Regular breaks will be offered to students during classes. 5. Policies and procedures will be published on the school website and shared with students and parents/guardians so that everyone is aware of what they need to do to safeguard the well being of everyone involved (students, instructors, spectators, parents/guardians, etc). 6. Spectators (inc parents/guardians where appropriate) will be asked to keep back from the training area to reduce risk to them. 7. Training area will be kept free from obstacles, slippery surfaces and other hazards. 8. Where first aid is required to be given, gloves will be worn.	Medium