

RISK ASSESSMENT - VIRTUAL CLASSES

Training location Online (eg Zoom)

Date of assessment 26/01/2021

Comments RA for for online classes over video conferencing (eg Zoom). Adapted from the RA for face-to-face classes.

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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 1. Instructions to be provided for new strikes. Exercises and sparring will be performed under supervision. 2. Students will be given advice for managing their space to avoid collisions. Instructor will adapt drills for students with reduced space to accommodate. 3. Safety and respect information to be given to students - encourages control and limiting the use of power. 4. No sparring will take place. 5. Students to be suitably warmed up to reduce risk of muscular injury. 	Low
Forms practice	Students	Medium	Medium	Medium	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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. 3. Whilst the concept of falling will be discussed so that students have a basic understanding, actual 	Medium
Break falling and acrobatics	Students	Medium	Medium	Medium	<ol style="list-style-type: none"> 1. Only break falls where the student has an ability to completely control their fall to the ground will be practiced. Safety information will be provided so that students are able to control their fall. 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

Weapons practice	Students	Medium	High	High	<ol style="list-style-type: none"> 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). 	Medium
Meditation	Students	Low	Low	Low	<ol style="list-style-type: none"> 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. 	Low
Board breaking	Students, Spectators	High	High	High	<ol style="list-style-type: none"> 1. No board breaking will take place. 	Low
Safeguarding	Students, Spectators, Instructors	Medium	High	High	<ol style="list-style-type: none"> 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. Parents/legal guardians are asked to remain present whilst students under the age of 18 or students who are more at risk are training. 9. All students should be discouraged from training if they are the only person on their premises. This is so that help is at hand should an incident occur during training. 10. Guidance will be provided to students to help them prepare their environment to train as safely as 	Medium