



# NORTHBROOK JUDO CLUB

MAXIMUM EFFICIENCY MINIMUM EFFORT



RISK ASSESSMENT FOR ACTIVITY:	JUDO – PLAYING AND TRAINING
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<b>HAZARD DETAILS:</b>	<b>PARTICIPATION IN A COMBAT AND FULL CONTACT SPORTING ACTIVITY – JUDO</b>	4	4	16
<b>CONSEQUENCE</b>	<p><b>STRAINS, SPRAINS, STRESS OR IMPACT INJURIES.</b></p> <p><b>BROKEN OR FRACTURED BONES, DISLOCATIONS</b></p> <p><b>FAINTESS, NAUSEA OR LOSS OF CONSCIOUSNESS THROUGH DEHYDRATION, OVERHEATING OR LOW BLOOD SUGAR</b></p>			
<b>CONTROL MEASURES</b>	<p>MATS (TO EN12503) SHALL BE INSPECTED TO ENSURE THAT ALL SURFACES ARE CLEAN AND DRY AND THERE ARE NO TORN OR WORN AREAS LIKELY TO POSE TRIP HAZARD.</p> <p>FLOORS SHALL BE CLEAN PRIOR TO LAYING MATS TO AVOID SLIPPAGE.</p> <p>MATS SHALL BE TIGHTLY LAID WITH EDGES BUTTED WITH NO GAPS WITH A MINIMUM RATIO OF 1.2 SQUARE METRES PER JUDOKA.</p> <p>SUFFICIENT AREA SHALL BE LAID TO ENSURE ADEQUATE TRAINING AREA FOR THE NUMBER OF JUDOKA AND INSTRUCTORS.</p> <p>FIRST AID KITS AND POTABLE WATER SHALL BE ON SITE ALONG WITH AT LEAST ONE QUALIFIED FIRST AIDER AND A WORKING TELEPHONE TO CONTACT EMERGENCY SERVICES IF NEEDED. THOSE REQUIRING MINOR FIRST AID TREATMENT WILL BE REMOVED FROM THE MAT FOR TREATMENT AND ONLY ALLOWED BACK IF THE FIRST AIDER IS SATISFIED THEY ARE NOT AT RISK OF WORSENING THE INJURY</p> <p>A QUALIFIED INSTRUCTOR SHALL BE IN CHARGE OF AND OVERSEE EACH SESSION AND A MINIMUM RATION OF 1 INSTRUCTOR PER 20 JUDOKA MAINTAINED.</p> <p>JUDOKA SHALL WEAR CORRECT JUDO SUITS AND SHALL REMOVE JEWELLERY, TIE BACK LONG HAIR AND ENSURE THAT FINGER AND TOE NAILS ARE CLIPPED SHORT BEFORE ENTERING THE MAT. GOOD HYGIENE SHALL BE MAINTAINED.</p> <p>STRICT DISCIPLINE SHALL BE MAINTAINED AT ALL TIMES BOTH ON THE MAT AND IN THE ENVIRONS – RUNNING AROUND AND HORSEPLAY SHALL NOT BE TOLERATED.</p> <p>INSTRUCTORS SHALL ENSURE THAT JUDOKA UNDERGO A PROPER WARM UP ROUTINE PRIOR TO JUDO PRACTICE OR COMBAT COMMENCING.</p> <p>JUDOKA SHALL BE INSTRUCTED TO TAKE REGULAR DRINK BREAKS TO AVOID DEHYDRATION AND INSTRUCTORS SHALL CAREFULLY MONITOR FOR SIGNS OF OVERHEATING AND HEAT STRESS, PARTICULARLY IN PERIODS OF HOT OR HUMID WEATHER. ANY JUDOKA SHOWING OR REPORTING SUCH SIGNS SHALL BE PROMPTLY REMOVED FROM THE MAT TO A COOL AREA AND GIVEN WATER.</p> <p>ALL JUDOKA SHALL BE INSTRUCTED AT THE INITIAL STAGE OF JUDO IN THE CORRECT METHODS OF BREAKING FALLS AND SHALL BE REGULARLY REMINDED.</p> <p>TECHNIQUES SHALL BE TAUGHT WITH REFERENCE TO THE AGE, SIZE AND TECHNICAL ABILITY/GRADING OF THE JUDOKA. JUDOKA SHALL, AS FAR AS PRACTICABLE BE PLACED IN EQUIVALENT PAIRS FOR PRACTICE.</p> <p>STRICT SUPERVISION SHALL BE MAINTAINED AT ALL TIMES, IN PARTICULAR WHEN A NEW TECHNIQUE IS BEING TAUGHT OR DURING RANDORI SESSIONS.</p> <p>ILLEGAL, CARELESS AND/OR DANGEROUS MOVES OR TECHNIQUES WILL NOT BE PERMITTED, WITH PERSISTENT AND DELIBERATE OFFENDERS BEING REMOVED SUMMARILY FROM THE MAT.</p> <p>SPECIAL CARE AND SUPERVISION WILL BE EMPLOYED FOR JUDOKA WITH SPECIAL NEEDS OR PHYSICAL DIFFICULTIES.</p> <p>JUDOKA SHALL NEVER BE FORCED TO CARRY OUT TECHNIQUES BEYOND THEIR CAPABILITY</p>	4	2	8



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RISK ASSESSMENT NUMERICAL SCORING RECORD					
SEVERITY	NONE OR TRIVIAL INJURY	INJURY REQUIRING FIRST AID	REPORTABLE INJURY	MAJOR INJURY OR DISABLEMENT	DEATH
NUMERICAL SCORE	1	2	3	4	5
PROBABILITY	EXTREMELY UNLIKELY	UNLIKELY	LIKELY	VERY LIKELY	EXPECTED
R= RISK RATING - (SEVERITY SCORE MULTIPLIED BY THE PROBABILITY SCORE)					
SCORE 1 - 5	TOLERABLE / LOW RISK				
SCORE 5 - 10	MONITOR AND MAINTAIN STRICT CONTROL MEASURES				
SCORE 11 - 15	METHOD NEEDS URGENT MODIFICATION				
SCORE > 15	NOT PERMITTED. STOP. REASSESS				