Zen Nippon Sogo Budo Renmei – Nippon Seibukan Dojo of Kyoto – Hombu for United Kingdom



## **Club Risk Assessment Form**



| ASSESSMENT COMPLETED BY:   |   |   |
|--|---|---|
| DATE SIGNED  |   |   |
| <ul> <li>Members should be familiar with the rules and etiquette of the club.</li> <li>A program of warm-up exercises should be carried out at the beginning of each session.</li> <li>All injuries and accidents must be reported and recorded in an accident report form/record book.</li> <li>Instructor should identify any hazards and take precautions to limit risk of injury.</li> <li>There should be a first aid box on site and a designated first aid person at the club.</li> </ul> |   |   |
| Control Measures   | Risk Factor (*)   | Control Required  |
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|  | I be familiar with the rule<br>arm-up exercises should be<br>accidents must be reporte<br>k.<br>I identify any hazards and<br>a first aid box on site and | I be familiar with the rules and etiquette of the<br>arm-up exercises should be carried out at the b<br>accidents must be reported and recorded in an<br>k.<br>I identify any hazards and take precautions to<br>a first aid box on site and a designated first aid |

(\*) Risk Factors will be; High, Medium, or Low – consider both the hazards and probability involved Accident Report form – valid from October 2015