

# UNIVERSITY of OXFORD SPORTS DEPARTMENT

OXFORD UNIVERSITY SHORINJI KEMPO CLUB RISK ASSESSMENT 2020/2021

DATE: 27/05/20

## *Activities usually carried out by the club.*

The Club meets twice a week in the padded Dojo at Hitley Road for martial arts training. Sessions will involve the following activities: a warm up involving running around the dojo, jumping and stretching; basic training of punching and kicking 'air' targets; pair work using pads or body armour when appropriate both blocking punches and kicks, and close quarters grappling; seated meditation; and massage.

The club makes occasional trips to other University dojo's, and once per year participates in a UK wide training seminar for university clubs. The training guidelines that we follow in the Oxford dojo are common to all these clubs, under the umbrella of our governing body, the United Kingdom Shorinji Kempo Federation.

Members are advised to inform the instructors and the club captain whether they have any injury, illness or disability which will affect their ability to participate in the full range of activities, or lead them to require special medical attention in the case of an emergency, both upon joining the club and as any such problems arise. Members can request that this information remain in confidence. New members must sign a form declaring that to the best of their knowledge they are fit and able to train, and have informed the instructors of anything that might affect their ability to participate in any activity.

Shorinji Kempo techniques are designed to apply force to nerve points, never meeting force with force, and never with the aim of doing permanent damage. Techniques may be very painful when applied, but no lasting damage occurs provided the technique is done correctly. All techniques are clearly demonstrated by a senior member before a beginner tries them for the first time. Kenshi are encouraged to treat their training partners with respect and consideration – the aim is not to improve your fighting skills at the expense of your partner, but to learn effective self defence by working together. The combination of a controlled teaching environment and the nature of the techniques themselves mean that injuries are extremely rare.

Members are only allowed to train if they are wearing appropriate clothing that does not interfere with movement – trousers must not be so long that they can be tripped over, and hair must be tied back so it does not restrict vision.

Sparting is not a major part of Shorinji Kempo training, as it is not a competitive martial art. However, on those occasions when sparring skills are taught in sessions, the training is structured to minimise the risk of injury. The first step, to which beginners are restricted, is to practice a sequence of techniques agreed in advance, so that speed can be built up with both participants knowing what attack is coming next. The next step is to relax the exact sequence of attacks, but restrict them to, for example, only kicks below the waist. The final stage is to allow the full range of attacks and counters. All of these stages are practised at half-speed or less; only experienced coloured belts (blue and above) will spar at full-speed, under the supervision of instructors. This progressive style of training, with full speed and power only being used once a technique has been properly learnt, is applied to all aspects of training.

As a university club, we are aware that during exam weeks members may be wary of any potential wrist strain, and therefore we reduce the practice of wrist-locks and throws by those taking exams. **All accidents and/or injuries are to be reported to the main reception desk so that First Aid can be provided or the Emergency Services called. An Accident Report form needs to be completed after each accident and/or injury.**

| HAZARD                            | CONTROLS MEASURES IN PLACE   | RISK FACTOR | FURTHER CONTROL MEASURES   |
|-----------------------------------|--|-------------|--|
| Pulled Muscles                    | A thorough warm-up is performed at the beginning of each session, and during the first part of training techniques are performed at low speed and intensity to allow muscles and joints to gain their full range of movement. The warm-up will be appropriate to the abilities of those attending each class, and the level of activity planned in that class. | Low         | Members are encouraged to be aware of their natural level of flexibility, and only try to increase this gradually, with dynamic stretches and no bouncing movements.<br>The risk of pulled muscles increases in a cold environment – the club will inform the Facilities Manager in the event of defective heating, and ensure longer warm-ups are conducted as necessary. |
| Bruising of skin, bone and muscle | Occasional light bruising can be expected from training. Protective padding is available at every session upon request.  | Medium      |  |
| Fractures/breaks                  | High speed pair work is only ever practised at increased distance or with protective gear. All sparring only involves light contact.   | Low         |  |
| Cuts and Abrasions                | Finger and toenails must be kept trimmed. All jewellery is removed before commencing training.   | Low         |  |
| Damage to eyes                    | Kenshi are reminded to never land a facial strike.   | Low         | The only eye-strike in kempo is a light, stinging flick with the fingers, which causes the eyes to water but does not injure them  |
| Dehydration                       | Depending on the temperature and work-rate of the class, drink breaks will take place during the class. Extract and Inlet fans are provided in the Dojo with controls to the left of the entrance.   | Low         | The Facilities Manager will be informed immediately if window winders or fans are not working, and in very hot days the intensity of training will be altered accordingly.   |

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| Head Injuries  | Very rare, Kenshi are reminded to never land blows to the head.   | Low                       | Floor mats reduce the risk of head injuries.  |  |
| Injuries sustained in colliding with the floor (head injuries, sprains etc.)             | Kenshi are taught how to roll and break falls from beginner's level. Techniques involving throws are always taught and supervised by instructors and senior Kenshi.   | Medium                    | Floor mats reduce the risk of injuries. The Facilities Manager will be informed if mats are split, as this would increase the risk of tripping over.  |  |
| Contraction of infectious diseases from contact with blood                               | Any blood on the mat is cleaned immediately using appropriate materials and precautions. Prior to any practice mats are inspected for bloodstains, and cleaned when necessary.  | Low                       | Other clubs using the dojo are informed of the risk of infection from blood stains, and of the need for cleaning the mats appropriately.  |  |
| Joint strain   | Locks (in particular those to the wrist) are carried out with the minimal force required to demonstrate correct technique, and discontinued instantly if a partner signals the amount of force is inappropriate or likely to cause injury.  | Medium                    |   |  |
| Poor coaching/instruction  | Instruction in new techniques is only ever carried out by qualified and insured instructors, or by senior kenshi under the supervision of qualified instructors as the former learn how to teach. All Instructors are required to send to the Sports Federation copies of qualifications and Personal Indemnity Cover on an annual basis. | Very low                  | In the event of instructors being unable to attend a training session, senior members will conduct a warm-up and supervise practice of a range of basic techniques, the level of which is suited to the experience and skills of those attending the session. |  |
| Fire   | If in the event of the Fire Alarm sounding, all members are to leave the Dojo, exit via the end doors near the Squash Courts, turn left and walk onto the Athletics Track. The Assembly point is adjacent to the Bungalow. Await further instruction.   | Low                       |   |  |
| Travel<br><br>Road accidents in hired minibuses when travelling to matches/competitions. | Organiser/events secretary to complete a Trip Registration Form on Club trips out of Oxfordshire. Drivers must have passed University accredited tests. Drivers must be 21 years or older.<br><br>Insist mode of transport used has seatbelts and if  | Low but potentially fatal | All trip registration forms are to be sent a day before weekday or weekend fixtures to the ASO.<br><br>For trips out of the UK – trip registration forms are required one month ahead of the trip and these should be submitted to the ASO.                   |  |

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|  | <p>possible a fire extinguisher. Insist on having a First Aid kit. No distracting the driver.</p> <p>If a member of the University drives, ensure they have not drunk 8 hours prior to driving.</p> <p>All Club members who drive a hired minibus have A FULL, CLEAN DRIVING LICENCE AND HAVE SUCCESSFULLY COMPLETED THE UNIVERSITY'S MINIBUS COURSE</p> <p>Do not exceed the seating limit. No bags should be left in the gangway/aisle. Assess beforehand the weather report for the day.</p> <p>Ensure driver has regular breaks in accordance with legal guidelines.</p> <p>Do not place baggage in overhead lockers.</p> <p>Clubs should be aware that if they have a <b>major accident</b> on an away trip which involves the Emergency Services or Hospitalization then the club should notify the University Security Services on (01 865) 289999 who will offer assistance and if need be contact members of the Sports Department staff. This applies to not only travel but to accidents in the course of playing matches.</p> |  |  |
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Signed:

President: Jai Bolton

Treasurer: Mariana de Oliveira Silva

Secretary: Beatriz Silveira de Arruda

*Jai Bolton*

*Mariana de Oliveira*

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