



Kodokan Martial Arts Risk Assessment Policy

For Anshin Ryu Karate and Matayoshi Kobudo Schools

1. Purpose

The purpose of this Risk Assessment Policy is to ensure that all activities conducted in Anshin Ryu Karate and Matayoshi Kobudo classes are carried out in a safe and controlled manner. This policy aims to identify potential hazards, assess risks, and implement control measures to protect students, instructors, visitors, and staff during training sessions, demonstrations, and events.

2. Scope

This policy applies to:

- All Anshin Ryu Karate and Matayoshi Kobudo lessons and training sessions
- Gradings, seminars, and demonstrations
- Use of training equipment and weapons
- Activities conducted on dojo premises or external training locations
- All instructors, assistant instructors, students, and visitors

3. Legal and Safety Compliance

The school will comply with all applicable health and safety regulations, including:

- Local health and safety legislation
- Safeguarding requirements for children and vulnerable persons
- Insurance requirements for martial arts instruction
- Venue safety regulations



4. Responsibilities

Lead Instructor

- Ensure risk assessments are conducted and reviewed regularly
- Provide safe training environments
- Ensure instructors are appropriately trained
- Maintain the equipment that belongs to Kodokan Martial Arts is in a safe condition
- Ensure emergency procedures are in place

Instructors

- Conduct dynamic risk assessments as and when necessary
- Ensure students follow safety rules
- Monitor safe use of Kobudo weapons in accordance with the style of Matayoshi Kobudo
- Adapt training for student ability levels
- Report hazards or incidents immediately

Students

- Follow the instructor's guidance at all times
- Use equipment responsibly
- Ensure their own weapons are in a safe condition to be used in training
- Inform instructors of injuries or medical conditions
- Maintain discipline and safe behaviour during training



5. Risk Assessment Process

The school will follow these steps:

1. Identify hazards (e.g., slips, weapon misuse, collisions)
2. Determine who may be harmed and how
3. Evaluate the risks and implement control measures
4. Record findings where appropriate
5. Review assessments regularly or after incidents

Risk assessments must be:

- Completed before new activities are introduced
- Reviewed annually
- Updated after accidents or near misses

6. Common Hazards in Anshin Ryu Karate and Matayoshi Kobudo Training

Physical Training Risks

- Slips, trips, and falls
- Strains or sprains
- Collisions between students
- Overexertion

Kobudo Weapon Risks

- Impact injuries from weapons
- Loss of control of weapons
- Inadequate spacing between students



Facility Risks

- Unsafe flooring or mats
- Poor lighting
- Obstructions in the training area
- Insufficient ventilation

Safeguarding Risks

- Inappropriate behaviour
- Lack of supervision
- Bullying or unsafe conduct

7. Control Measures

General Safety Measures

- Maintain clear training areas
- Use appropriate mats and flooring when necessary
- Ensure good warm-up and cool-down routines
- Ensure appropriate student-to-instructor ratios

Weapon Safety (Matayoshi Kobudo)

- Weapons are only used under instructor supervision
- Safe distances are maintained between students to allow safe practice
- Weapons loaned to students by the school should be inspected for damage before they are used by the students



Student Management

- Group students by experience and ability
- Clear safety instructions before exercises
- Immediate stopping of unsafe activities
- First aid provision on site

Equipment Safety

- Regular checks of:
 - Mats
 - Training pads
 - Weapons
 - Protective gear

8. Medical and Emergency Procedures

The school will:

- Ensure there is a first aid kit supplied by St Columba's Church Hall
- Ensure at least one trained first aider is present
- Record all accidents and injuries
- Have clear emergency evacuation procedures
- Contact emergency services when required
- Maintain an Emergency Contact List for students and Instructors

Students should:

- Disclose medical conditions before training
- Inform instructors immediately if injured



9. Incident Reporting

All accidents, injuries, or near misses must be:

- Reported to the instructor immediately
- Recorded in an incident log
- Reviewed to improve safety procedures

Serious incidents must be reported according to legal requirements.

10. Safeguarding

The school is committed to providing a safe environment for all participants, particularly children and vulnerable adults.

Measures include:

- Qualified and vetted instructors in accordance with BMABA Regulations
- Supervised training sessions
- Clear code of conduct
- Reporting procedures for safeguarding concerns

11. Policy

This policy will be reviewed:

- Annually
- After significant incidents
- When training activities or locations change

Updates will be communicated to instructors and students.



12. Policy Review

This Risk Assessment Policy will be reviewed annually or sooner if significant changes occur within the club or venue.

Approved by: *Fred Bateman*

Date: 19/02/2026

Next Review Date: 19/02/2027