

### KUGB RISK ASSESSMENT – ADDITIONAL TOPIC OUTDOOR TRAINING

The KUGB recognises that all risks cannot be reduced to zero, therefore this risk assessment prioritises the significant risks. Significant risks are those which pose risk of serious injury or risks that are common in teaching of Karate. For all activities, Instructors will dynamically assess risks and put in place control measures and record as required.

Concerns, changes in risk management practice or minor injuries that are seen by Instructors to be significant should be reported to the KUGB Admin Office via [admin@kugb.org](mailto:admin@kugb.org).

#### IMPORTANT

**This Risk Assessment should be read in conjunction with KUGB’s Health & Safety Policy, Risk Assessments including our Risk Assessment COVID 19 (as appropriate) and the current Government Guidelines**  
<https://bit.ly/Govtguidelines>

#### Brief description of activity and location

Public spaces, parks, beaches and grasslands.

Activities include traditional Karate Training focused on Kihon and Kata. Kumite training should be without a partner under the current Government restrictions due to COVID -19.

Group sizes from 2-6 maximum including Instructor.

All participants including Instructor must follow Government guidelines.

Significant Risks	People at Risk	Measures to reduce risk	Review
Arrival/Departure  Transmission of infection airborne and physical contact	Instructor Students General public (ALL)	Avoid contact with door/gate handles, bring hand sanitizer or wipes.  Parents must not drop off children and leave them with the Instructor, in case they need to go to the toilet.  Parents must remain close by but not part of the group training.  After the class, children will go to the parents individually, not in a group.  Parents must follow Government guidelines on social distancing at all times.	
Payment & Register – risk of transmission of infection	ALL	Payments should be made where possible electronically before the start of the class. The Instructor only to take register by either pen/paper or on their phone.  Cash/Cheques should be minimised & handled carefully	

Significant Risks	People at Risk	Measures to reduce risk	Review
Floor Surfaces, flat and clear of objects	Instructor Students	Care and awareness of surfaces, especially when uneven, loose or slippery. Highlighted to individual/group as needed  Check the ground for signs of water, liquids or other hazards and obstructions that might cause slips, trips and falls  Dangerous litter being handled, stepped on or fallen on, leading to injury or harm  Dangerous litter being handled, stepped on or fallen on, leading to injury or harm.  Suitable footwear must be worn. Advise participants to wear trainers.  Advice participants of risk of injury during turns etc.	
Space between people & other groups within Government guidelines	Instructor Students General Public (ALL)	Ensure you have adequate space for Instructor to demonstrate exercises, and participants to train without breaching the '2 metre' guidance.  Ensure you are aware, keep up to date and follow local authority rules and Government Guidance  Good control and discipline of class	
Weather Hazards - rain, cold, heat	Instructor Students	Read the weather report in advance, make sure you and your participants dress appropriately. Participants should be advised to wear sunscreen.	
Temperature impacting performance	Instructor Students	Make sure the space you are using is at a comfortable temperature (not too cold/hot) and take sufficient steps to make sure participants are properly hydrated  Advise participants of dangers i.e. sunstroke, hay fever, dehydration etc.  Instructor to look for effects of over exertion, sunstroke, dehydration. (medication, sunscreen, water) Extra breaks	
Visibility: Participants struggle to see you and their environment	Instructor Students General Public	Ensure that participants can see you. Avoid training at dusk/dawn unless the chosen venue is well lit e.g. flood lighting	
Noise: Students cannot hear you & receive clear instructions	Instructor Students	Make sure that you can be heard clearly by participants over and above any background noise. e.g. traffic noise from a nearby road, music, etc.	

Significant Risks	People at Risk	Measures to reduce risk	Review
Dogs not controlled by owners	ALL	Risk of interference, attacking, scaring, etc. If concerned Instructor should stop class.	
Wildlife – Insect bites, allergic reactions Ingestion of toxins or poisons from flora and fauna – adverse reactions e.g. hay fever, etc.	Instructor Students	Advise participants they can choose to wear Insect repellent. Medication for hay fever, allergies, etc  Check location for Training, use open space in Park.	
Bicycles, Skateboards, lawn mowers, Vehicles, Car Park, etc	ALL	Awareness of condition of surroundings, and specific hazards to that environment. Vigilance when moving around where vehicles are – car parks, pathways, using proper crossings and marked areas when safe to do so.	
Group Competence – understand the participants background, children, adults, vulnerable adults, disabilities, etc	Instructor Students	Instructor must be a Qualified KUGB Instructor  All Participants, including Instructor, must have an up to date KUGB Licence  Good group behaviour and responsiveness to Instructor. Instructors should not continue class should they be concerned by individual and/or group behaviour leading to an accident or incident.	
Instructor	Instructor Students	No physical contact with participants. Good use of verbal and physical communication	
Karate Classes	Instructor Students	Participants must stay at least 2 metres apart at all times. 6 maximum including Instructor. <b>For further details See Training Guidelines in Risk Assessment COVID-19 and latest Government Guidance</b>	
First Aid	Instructor Students	Instructor to ensure first aid kit available. May want to advise participants to bring own first aid kit.  Instructors to be aware of basic emergency protocols at each venue.  Instructors delivering training courses must hold a relevant emergency first aid qualification and carry a first aid kit. Additional items Masks/Gloves.	
Emergency Contact Details	Instructor Students	Instructor must ensure they have emergency contact details.	

### Precedents or comparisons

Many Clubs have provided training in outdoor venues since the start of our organisation, without significant issue.

General awareness and understanding of outdoor training. All schools conduct outdoor sports with young people as they go through their education. Most adults and young people are used to being outdoors in Public Parks and spaces.