

# Risk Assessment Forms

<b>Club Administration Office</b>	<b>Assess No:</b> 01  <b>Assess Date:</b> 24-08-2012  <b>Assessor:</b>												
<p style="text-align: center;"><b>Activity/Process</b></p> General Kung fu training, including Kicking techniques, punching techniques, combination locks, sparring and groundwork	<p style="text-align: center;"><b>Number of Persons at Risk</b></p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">Students</td> <td style="text-align: center;">Others</td> </tr> <tr> <td style="text-align: center;">1-5</td> <td></td> <td style="text-align: center;">*</td> </tr> <tr> <td style="text-align: center;">6-10</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">10+</td> <td style="text-align: center;">*</td> <td></td> </tr> </table>		Students	Others	1-5		*	6-10			10+	*	
	Students	Others											
1-5		*											
6-10													
10+	*												
<b>Hazards involved with Activity/Process:</b> Cuts, Bruises, Sprains													
<b>Existing Safety Measures/Controls:</b> Initial training will consist of slow movement, and minimum contact. Competent persons only, will be allowed to instruct sparring, groundwork and techniques. During advanced training, and free sparring, personal protection will be worn, for example, head guards, padded gloves and other protective pads. All instructions of where to strike and the limitations in place will be explained in full. No jewelry to be worn whilst training. Locks and combinations will be demonstrated and practiced in a controlled manner, with the effects of overuse explained in full.													
<b>The Residual Risk(s)</b>  (After existing control measures) If there are no residual risks then write "Controls Adequate" below. If risks still exist, detail them to the right and Rate the Residual Risk. Consult the table at the end of the form for calculation details.	<b>Risk Rating</b> (Likelihood X Severity) = _____  <b>Details of Risk:</b>												
<b>CONTROLS ADEQUATE</b>													
<b>Implementation of Controls and Monitors</b>  <b>Additional Controls Agreed:</b> - If "Yes" detail the actions to be taken below  <b>Target Date for Implementation:</b> 24-08-2012  <b>Signed</b> ..... (Risk Assessment Co-ordinator)													
<b>Assessment Review</b>  <b>Date Implemented:</b> 24-08-2012 <span style="float: right;"><b>Controls Effective: YES</b></span>  <b>Comments</b>  <b>Assessment Review:</b> 24-08-2012  <b>Signed</b> ..... (Risk Assessment Co-ordinator)													

Risk Rating	Likelihood	Severity of Injury	Rating Bands and Action Required
1 Most Unlikely	1 Trivial Injury/ies	1 and 2 Minimal Risk	Maintain Control Measures
2 Unlikely	2 Slight Injury/ies	3 and 4 Low Risk	Review Control Measures
3 Likely	3 Serious Injury/ies	5 and 6 Medium Risk	Improve Control Measures
4 Most Likely	4 Major Injury/ies or death	9, 12 and 16	Improve Control Measures Immediately

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<b>Activity/Process</b>	<b>Number of Persons at Risk</b>												
General Tai Chi training including stretching, moving the body at different heights and deep breathing	<table style="margin-left: auto; margin-right: auto; border: none;"> <tr> <td></td> <td style="text-align: center;">Students</td> <td style="text-align: center;">Others</td> </tr> <tr> <td style="text-align: center;">1-5</td> <td></td> <td style="text-align: center;">*</td> </tr> <tr> <td style="text-align: center;">6-10</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">10+</td> <td style="text-align: center;">*</td> <td></td> </tr> </table>		Students	Others	1-5		*	6-10			10+	*	
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6-10													
10+	*												
<b>Hazards involved with Activity/Process:</b>													
Sprains and strains, variations in blood pressure from breathing techniques													
<b>Existing Safety Measures/Controls:</b>													
Initial training will show the student how to gradually increase their breathing to eliminate any effects of high or low blood pressure. Stretching techniques will be done slow and controlled to eliminate any chance of sprains or strains. No jewelry to be worn whilst training.													
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Risk Rating	Likelihood	Severity of Injury	Rating Bands and Action Required
1	Most Unlikely	1 Trivial Injury/ies	1 and 2 Minimal Risk Maintain Control Measures
2	Unlikely	2 Slight Injury/ies	3 and 4 Low Risk Review Control Measures
3	Likely	3 Serious Injury/ies	5 and 6 Medium Risk Improve Control Measures
4	Most Likely	4 Major Injury/ies or death	9, 12 and 16 Improve Control Measures Immediately

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Chinese 4ft Wooden staff training, Chinese 6ft wooden staff training and Japanese escrima training	<table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;">Students</td> <td style="text-align: center;">Others</td> </tr> <tr> <td style="text-align: center;">1-5</td> <td></td> <td style="text-align: center;">*</td> </tr> <tr> <td style="text-align: center;">6-10</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">10+</td> <td style="text-align: center;">*</td> <td></td> </tr> </table>		Students	Others	1-5		*	6-10			10+	*	
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<b>Hazards involved with Activity/Process:</b>													
Cuts, Bruises, Splinters													
<b>Existing Safety Measures/Controls:</b>													
<p>Initial training will consist of slow movement, and minimum contact. Competent persons only, will be allowed to use staffs.</p> <p>During advanced training, and free sparring, personal protection will be worn, for example, head guards, padded gloves and other protective pads. No jewelry to be worn whilst training.</p> <p>Senior grades only, will be allowed to join in on the free sparring.</p>													
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Chinese Staff, Chinese Whip, Spear, Tri Section Staff, Tai Chi sword, Broad Sword	<table style="width: 100%; border: none;"> <tr> <td style="width: 30%;"></td> <td style="width: 35%; text-align: center;">Students</td> <td style="width: 35%; text-align: center;">Others</td> </tr> <tr> <td style="text-align: center;">1-5</td> <td></td> <td style="text-align: center;">*</td> </tr> <tr> <td style="text-align: center;">6-10</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">10+</td> <td style="text-align: center;">*</td> <td></td> </tr> </table>		Students	Others	1-5		*	6-10			10+	*	
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Cuts, Bruises, Splinters													
<b>Existing Safety Measures/Controls:</b>													
<p>Initial training will consist of slow movement, and minimum contact. Competent persons only, will be allowed to use Chinese Staff, Chinese Whip, Spear, Tri Section Staff, Tai Chi sword, Broad Sword.</p> <p>During advanced training, and free sparring, personal protection will be worn, for example, head guards, padded gloves and other protective pads. No jewelry to be worn whilst training.</p> <p>Senior grades only, will be allowed to join in on the free sparring.</p>													
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