

**AIKIDO
RESEARCH
FEDERATION**

RISK ASSESSMENT PROFORMA

Name of Club

Signature of Risk Assessor

Name of Risk Assessor

Date Risk Assessment carried out

Item No	Description	Yes	No	Action to be taken
1	Is the Ceiling an adequate height for safe practice?			
2	Are windows safe?			
3	Are there any doors opening onto the mat area?			
4	Do doors or windows have any projecting parts?			
5	Are any items around the Dojo securely held?			
6	Is the area around the mat free of obstacles?			
7	Is there a one metre clear area around the mat?			
8	Is there adequate lighting?			
9	Are the mats dense enough to absorb a breakfall?			
10	Are the mats secure and free of tripping hazards?			
11	Are the mats free of tears?			
12	Are the mats clean?			

RISK ASSESSMENT PROFORMA

Item No	Description	Yes	No	Action to be taken
13	Are blood spills cleaned with an appropriate cleaner?			
14	Are students advised to wear sport-safe glasses?			
15	Is all jewellery removed or covered?			
16	Are emergency exits clearly marked and free of obstructions?			
17	Do students know where the emergency assembly point is?			
18	Is a fire extinguisher available?			
19	Is First Aid equipment available?			
20	Are there fire and bomb procedures?			
21	Do all Instructors know the accident reporting procedures?			
22	Is the mat area large enough for the practising students? A guide is 2 sq. m. per person.			
23	Is there a procedure to monitor accidents?			
24	Is the class taught by qualified BAB Instructors?			
25	Are all weapons kept in a good and safe condition?			

Have there been any accidents this year?

(Tick box)

YES

NO

If yes, please complete the following sheet.