

Curriculum activity risk assessment

Martial Arts

clever • skilled • creative

Activity scope

This document relates to student participation in Martial Arts training sessions as a curriculum activity.

Risk level

This document is a guideline, the actual risk level will vary according to the specific circumstances of the activity and these **must** be considered when assessing the inherent risk level and planning the activity. As a starting point, ask the following questions:

- Which students will be involved?
- Where will the students be?
- What will the students be doing?
- Who will be leading the activity?
- What will the students be using?



Inherent risk level		Action required/approval
<input type="checkbox"/>	High	Unmodified, full contact versions carry a likely chance of a serious incident and injury requiring medical treatment. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A Curriculum Activity Risk Assessment is required to be completed. <input checked="" type="checkbox"/> Principal or head of program (i.e. DP, HOD, HOSES) approval prior to conducting this activity is required. <input checked="" type="checkbox"/> Once approved, activity details are to be entered into the <i>School Curriculum Activity Register</i>. <input checked="" type="checkbox"/> Obtaining parental permission is recommended.

Teachers/leaders:

Activity description:

Start date:

Finish date:

No. of students (approx.):

Class groups:

Supervision ratio (approx.):



Queensland Government

Date Modified: 25 November 2011
Due for review: 7 October 2014

Listed below are the minimum recommendations for this type of activity. For any items checked 'No', provide further information regarding the additional or alternate controls to be implemented for the safe conduct of the activity.

Minimum supervision

Adequate adult supervision is to be provided. In determining what is adequate, consider the number of students, their individual needs, and the nature of the activity. If an adult other than a registered teacher is engaged for instruction, a teacher is to be present to take overall responsibility. [Blue Card](#) requirements **must** be adhered to.

Registered teacher with minimum qualifications as outlined below

OR

An adult with minimum qualifications as outlined below, in the presence of a registered teacher.

Further information:

Minimum qualifications

The qualifications listed in this section are minimums for each type of situation. Leaders are encouraged to seek training to raise their qualification level above the minimum listed.

Current first aid qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities, including qualified personnel.

Blue Card requirements met.

A member of a martial arts organisation recognised by a government authority.

An accredited trainer in martial arts with the [Australian National Training Authority](#)

OR

Another adult who is an accredited martial arts instructor under the [Australian Coaching Council National Coaching Accreditation Scheme](#).

Further information:

Minimum equipment/facilities <i>If 'No' is ticked, provide further information.</i>	Yes	No
First aid kit suitable for activity	<input type="checkbox"/>	<input type="checkbox"/>
Communication system: <input type="checkbox"/> phone-line at location <input type="checkbox"/> mobile phone <input type="checkbox"/> walkie talkies/UHF radio <input type="checkbox"/> student/adult messenger Other:		
Sun safety equipment (hat, sunscreen, shirt etc)	<input type="checkbox"/>	<input type="checkbox"/>
Drinking water (students should not share drinking containers)	<input type="checkbox"/>	<input type="checkbox"/>
Appropriate footwear where required for individual martial arts style	<input type="checkbox"/>	<input type="checkbox"/>
8-10 metre x 8-10 metre padded competition/training area, with 3 metre clearance surrounding competition/training area. Minimum 3 metres between competition/training areas.	<input type="checkbox"/>	<input type="checkbox"/>
Appropriate martial arts matting (50 millimetres thick) surrounding training/competition area	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Governing bodies/associations	Yes	No
Guidelines/codes of practice are established for this activity. See Martial Arts Industry Association . Have these been considered during the planning and performance of this activity?	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Hazards and suggested control measures

All persons engaging in this activity should:

- identify the hazards, including any additional hazards not mentioned here
- assess their significance
- manage the potential risks.

Listed below are indicative hazards/risks and suggested control measures. They are by no means exhaustive lists. After checking these, add details of any other identified hazards/risks and additional controls you intend to implement.

Hazards/risks	Control measures	Yes	No	Implementation plan/ Additional controls
Biological material <ul style="list-style-type: none"> • Bodily fluids (e.g. saliva, blood, sweat) 	<ul style="list-style-type: none"> • Disinfect mats at least weekly or when required. • Comply with HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions and Infection Control Guideline. Students with open cuts and abrasions are to be removed from the activity and treated immediately. If bleeding cannot be controlled completely, the participant should not be allowed to return to the activity. All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious. 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
Environmental conditions <ul style="list-style-type: none"> • Temperature • Surfaces 	<ul style="list-style-type: none"> • Avoid training and competitions during excessive heat or cold. • Ensure that martial arts-approved matting is used to surround the competition area. • Use only open, level, obstacle-free spaces for training and competition. • Ensure that mats are swept before and during training/competitions. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Physical contact <ul style="list-style-type: none"> • Cuts, bruises and abrasions • Sprains and breaks 	<ul style="list-style-type: none"> • Ensure NO jewellery is worn. • Ensure fingernails are cut or taped. • Ensure that no clothing with zippers/buckles (or similar) is worn. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Hazards/risks	Control measures	Yes	No	Implementation plan/ Additional controls
	<ul style="list-style-type: none"> • Where necessary, obtain advice from relevant advisory visiting teachers or specialist teachers. • Ensure there is adequate adult supervision. 	<input type="checkbox"/>	<input type="checkbox"/>	
Sharp implements or objects <ul style="list-style-type: none"> • Weapons 	<ul style="list-style-type: none"> • Avoid the use of weapons. • Use substitute items. 	<input type="checkbox"/>	<input type="checkbox"/>	
Physical exertion <ul style="list-style-type: none"> • Strains and sprains • Cramps • Exhaustion and fatigue 	<ul style="list-style-type: none"> • Have appropriate warm-up and warm-down activities. • Follow progressive and sequential skills development. • Continuously monitor students for signs of fatigue and exhaustion. • Have ice packs available. 	<input type="checkbox"/>	<input type="checkbox"/>	
Instruction	<ul style="list-style-type: none"> • The teacher should introduce the activity comprehensively and include: <ul style="list-style-type: none"> ○ initial instruction in dangers of prohibited moves and of non-supervised practice ○ conduct a programme that is based on a hierarchical training system that slowly increases the difficulty of techniques as the student progresses through levels (grades) ○ ensure that all techniques are taught with due consideration to the students' body type, age and any disabilities they might have ○ emphasis on good posture in performance of all techniques ○ grouping and pairing of students according to ability, age and size. 	<input type="checkbox"/>	<input type="checkbox"/>	

Additional control measures

These would relate to the specific student needs, location and conditions in which you are conducting your activity.

Hazards/Risks	Control Measures

Submitted by:	Date:
List the names of those who were involved in the preparation of this risk assessment.	

Approval	
<input type="checkbox"/>	Approved as submitted
<input type="checkbox"/>	Approved with the following condition(s):
<input type="checkbox"/>	Not approved for the following reason(s):
By:	Designation:
Signed:	Date:
Once approved, activity details should be entered into the <i>School Curriculum Activity Register</i> by administrative staff.	Reference no.

Monitor and review <i>To be completed during and/or after the activity and/or at the completion of the series of activities.</i>	Yes	No
Are the control measures still effective?	<input type="checkbox"/>	<input type="checkbox"/>
Have there been any changes?	<input type="checkbox"/>	<input type="checkbox"/>
Are further actions required?	<input type="checkbox"/>	<input type="checkbox"/>
Details:		

Important links

- HLS-PR-003: First Aid
<http://education.qld.gov.au/strategic/eppr/health/hlspr003/>
- HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions
<http://education.qld.gov.au/strategic/eppr/health/hlspr004/index.html>
- Infection Control Guideline
http://education.qld.gov.au/health/pdfs/healthsafety/infection_control_guideline.pdf
- HLS-PR-005: Health and Safety incident recording and notification
<http://education.qld.gov.au/strategic/eppr/health/hlspr005/>
- HLS-PR-013: Developing a Sun Safety Strategy
<http://education.qld.gov.au/strategic/eppr/health/hlspr013/>
- HRM-PR-010: Working with Children Check – Blue Cards
<http://education.qld.gov.au/strategic/eppr/hr/hrmpr010/>
- SCM-PR-002: School Excursions
<http://education.qld.gov.au/strategic/eppr/schools/scmpr002/>
- Australian Coaching Council National Coaching Accreditation Scheme
<http://www.coachingaus.org/ncas.htm>
- Australian Karate Federation
<http://www.akf.com.au/>
- Martial Arts Industry Association
<http://www.maia.com.au/>
- Training.gov.au
<http://training.gov.au/>

Further information

For further information on incorporating risk management strategies into curriculum activity planning refer to [HLS-PR-012: Managing Risks in School Curriculum Activities](#) and the associated list of [Curriculum Activity Risk Management Guidelines](#).

For further support with risk management training and advice, contact trained staff in schools such as Workplace Health and Safety Officers (WHSOs) and Workplace Health and Safety Representatives (WHSRs), and regional staff such as Senior Health and Safety Consultants.