

Aikido

Risk Assessment

Instructor – Detta Dickinson.

Absolute Essentials for Aikido Training!

Safety

- Remove ALL jewelry as it can scratch/cut your partner.
- Fingernails should be kept short and clean for the same reason.
- Any outstanding illnesses or injuries should be made known to the instructor before the class starts.
- The instructor should be informed of any injuries during class immediately.
- As the instructor is responsible for everyone on the mat they should be informed if someone has to leave early (rather than worrying about where they are and if something has happened to them).
- Only the technique shown should be practiced.
- Do not mess about.
- Practice should be kept to the level of the junior partner.
- If your partner taps they are to be released immediately – no questions asked.
- Be aware of the space around you, make sure you are throwing/pinning in a safe direction and not interfering with someone else.
- Unnecessary roughness or aggressive behaviour (verbal or physical) will not be tolerated.
- The warm up (stretching exercises) is for yourself. You are not in competition with anyone else so the stretches should be performed to your level rather than trying to match the person next to you.
- The only person teaching on the mat should be a qualified instructor.
- We recommend that mats are carried in pairs.
- Weapons are only to be used in class under a qualified instructor. Here, safety will be paramount and it will be emphasised that much more care of the space and absolute attention to the practice must be maintained.

Hygiene

- Please maintain your personal hygiene.
- Please wear shoes or sandals or socks while walking around getting the mats out. This helps to keep the mats clean.
- Try to stay on the mats during practice for the same reason – the less dirt that is trodden into the mat the better.
- Any blood is to be cleaned up (with an appropriate cleaning product) at once by the person it belongs to. All cuts should be covered before that person resumes practice.
- Any cuts should be covered appropriately – infection is easy to pass along.

Politeness

- You are no more important than anyone else. If the instructor is teaching a different pair do not ask for their attention. They will get to you eventually.
- The mats need to be set out and put away. This should be done by everyone.

Continually arriving late, or after the mats are set out, without a good reason is not acceptable. If the class starts at 7pm then everyone should be there at 6:55pm and ready to begin.

General Points

- When and when not to bow. At the beginning of the class step onto the mat, perform a sitting bow and line up. The class will begin with two more bows done together. At the end of the class this is reversed. When lining up at the beginning and end of class try to make a straight line, sit up straight and tidy yourself up. After the two bows at the end we usually finish with a circular bow and thank everyone for the time spent practicing together.
Each time you begin to practice with a new partner you bow to them. It is not necessary to bow each time tori and uke exchange roles.
- If the instructor is teaching your partner sit somewhere out of the way and watch, do not wander around the mat and invade someone else's space.
- While the instructor is demonstrating sit seiza and pay attention. Part of Aikido is learning to watch a technique. If you are not practicing then you should be sitting seiza unless you have an injury which prevents this – in any case you should sit up STRAIGHT.
- If you arrive late then you should stand at the side of the mat until the instructor gives you permission to come on.
- The only person who should be teaching is the instructor. If you are ungraded then do not presume to tell other people what to do – particularly if they are senior to you. The less talking the more practicing you will get done.

RISK ASSESSMENT FOR CLUBS & SOCIETIES ACTIVITIES AT NUIM

NAME OF CLUB	NAME OF CONFEDERTION AFFILIATED TO	NAME OF PERSON COMPLETING THE RISK ASSESSMENT	POSITION IN NUIM	DATE COMPLETED
Aikido Club	Irish Aikido Federation	Detta Dickinson	Lecturer	28/8/2020

ACTIVITY	HAZARDS	RISKS	MANAGEMENT CONTROL MEASURES IN PLACE
Mat carrying	They are heavy	Low	Should be carried in twos
Aikido	Falling	medium	Everyone is taught to fall properly
	Collisions	medium	The instructor ensures that everyone is throwing in the same direction.
	small cuts/mat burn	medium	All cuts should be covered in a plaster and any blood removed from the mat by the person to whom it belonged.
	Arm locks/stretches	medium	Everyone is told to tap out when necessary and all are informed to release immediately after the tap. Anyone not complying will be asked to leave the mat.
Weapons training	splinters	low	All weapons are checked when they are taken out of the cupboard for splinters/ instabilities etc.

INSPECTION SHEET FOR CLUBS & SOCIETY EQUIPMENT AT NUIM

LIST EQUIPMENT AND ANCILLARY ATTACHMENTS Use serial numbers if available	IN GOOD OPERATING CONDITION (Please tick)	CORRECTIVE ACTION REQUIRED
Wooden weapons	YES	none
Mats	yes	none