



UK **T**aekwondo Development Council

Risk Assessment Safety Guidance SG-1

Risk Reduction in Taekwondo

HSEs guidance is clear: if there is genuinely no significant risk, nothing needs to be written down.










If a written assessment is needed - keep it fit for purpose, and crucially: act on it. Paperwork without action does no one any good.

Risk assessments should be about identifying practical actions that protect people from harm and injury, not a bureaucratic experience. For the majority of risk assessments, short bullet points work well.

The objective of risk assessment and health and safety procedures is to facilitate and promote a safe training environment for students, instructors, helpers and alike. The objective of UKTDC is to provide you with the knowledge and understanding of how to achieve this.

How to assess risks in your club:

A risk assessment is simply a careful examination of what, in your club, could cause harm to people, so that you can evaluate whether you have taken enough precautions or should do more to prevent harm.

	Step -1	Identify the Hazards
		
	Step -2	Decide who might be harmed and how
		
	Step -3	Evaluate the risks and decide on precautions
		
	Step -4	Record your findings and implement them
		
	Step -5	Review your assessment and update if necessary

Step –1 – Identify the hazards

A **hazard** is anything with the potential to cause harm. For example a breaker board on its own is quite safe, though if used incorrectly it could result in a significant injury. Similarly students training bags inappropriately stored could lead to a tripping hazard.

Step-2 – Decide who might be harmed and how

Deciding who might be harmed and how should help identify the best course of action for managing the risk. Don't forget to consider others, such as members of the public, visitors, spectators, other activities etc.

Step-3 – Evaluate the risks and decide on precautions

Evaluation of risks takes into account the likelihood and severity of the hazard causing harm to someone. By evaluating the risk it is commonplace to assign some form of risk rating (e.g. Low, Medium, or High) this in turn not only helps prioritise any precautions needed but also keeps the higher risks, where risk reduction is not practical/ possible to the forefront.

Step-4 – Record your findings and implement them

Clearly it is important to record the findings of the risk assessment including the existing and proposed control measures. The written record needs to be maintained for future reference or use. Essentially it is documented evidence that you have considered the hazards associated with your club/activities and fosters good practice.

Step-5 - Review your assessment and update if necessary

The risk assessment is essentially a live document and should be periodically reviewed. Review and revision may be required following the introduction of new equipment, training methods or a new activity for example.

On its own, paperwork never saved anyone. It is a means to an end, not an end in itself - action is what protects people. So risk assessments should be fit for purpose and acted upon.

