



WORCESTER  
WADO-RYU

## **Risk Management Statement**

### 1. Affiliation

- Worcester Wado-Ryu is affiliated to the Wado-Ryu Karate-Do Academy, which is in turn affiliated to the English Karate Federation [EKF]. The Academy's Chief Instructor is Mr. Masufumi Shiomitsu 9<sup>th</sup> Dan Hanshi.
- Worcester Wado-Ryu's instructors, together with a number of the club's senior students, regularly train with Shiomitsu Sensei.

### 2. New Members

- The enrolment form requires the applicant to acknowledge that a martial art, as with all physical activities, carries attendant risks.
- The enrolment form requires the applicant to notify any health problems or disabilities that might affect their practice.
- The enrolment form requires the applicant to give a contact address and emergency telephone number, and the name and practice address of the participant's GP.
- All students, including beginners, follow the grading syllabus published by the Wado-Ryu Karate-Do Academy. Students are only considered for grading if they have a current Martial Arts licence endorsed by the Wado Academy. Yellow Stripe, 9th Kyu, is the first step up the grade ladder. Each student will be given the opportunity to take their first grading test once they are deemed to be ready by the club's instructors, normally after six weeks training. Subsequent grading tests are taken on a twice-yearly club grading session.

### 3. Training Facilities

- The club has two dojo locations, both in local authority owned buildings, one a public sports centre and one a primary school. Training sessions take place in studios with sealed wooden floors or on sports hall floors. Prior to each training session the floor is inspected for dirt and debris and cleaned if necessary.

### 4. Emergencies and Health Monitoring

- Participants are required to declare any injury or illness at the start of each training session, and are given appropriate alternative training if their injury or illness precludes them from normal training.

Established at Nunnery Wood Sports Centre in 1985  
Instructors: Humphrey Arnett 6<sup>th</sup> Dan, Mike Pogose 3<sup>rd</sup> Dan Wadō-Ryu  
Affiliated to the Wado-Ryu Karate-Do Academy

- The club has two dojo locations, both in local authority owned buildings, one a public sports centre and one a primary school. In both locations accidents and injuries are logged with the centre management and the club retains a copy of the written report.
- The club maintains its own first aid kits in both dojo locations.

## 5. Mats

- When mats are used occasionally they are of the interlocking ('jigsaw') type with textured, non-slip, surface, manufactured for martial arts or gymnastic practice. These mats are owned and maintained by the club solely for use in martial arts training and competition.
- During training and competition monitors are assigned to prevent the hazard of participants tripping off the mat area and to prevent spectators from interfering with the safety zone around each mat area.

## 6. The Session

- All participants are required to wear appropriate clothing/ costume i.e. karategi or, for beginners, soft tracksuit trousers and tee-shirt.
- All beginners are instructed in dojo etiquette including the need to keep finger and toenails short, and to tie-back long hair with soft bands and/ or clips.
- Participants are required to remove all jewellery, except for plain wedding bands, which may be taped in place.
- Participants who wear glasses are required to use plastic lenses and, if necessary, retaining headbands.

## 7. Instruction & Supervision

- Training sessions are supervised by dan-graded Club Instructor and/ or Assistant Instructors accredited by the Wado Academy and individually insured for professional indemnity. Other students may supervise sections of training classes but only under the overall supervision of the Club Instructor or an Assistant Instructor.
- Each instructor is responsible for ensuring that the class is able to clearly hear and see when demonstrations are given.
- At least one instructor is present throughout each training session. It is made clear to all participants that unless an instructor is present the only forms of practice allowed are individual basic drills and fitness exercises or kata, i.e. no sparring or other practice involving contact.
- Close attention paid at all times, especially where there are young people or people with disabilities or health risks.
- All training partners are made aware of the need for special care when practising with people with differing needs and where there is a difference in physical stature.

- Inexperienced people are only put into competitive situations when techniques can be performed correctly, under the supervision of experienced instructors, and with the wearing of appropriate protective equipment.
- The club practices semi-contact sparring: light body contact and no head contact. Participants are warned against the use of full power kicks and punches to the head so as to lessen the risk of brain damage to their opponent.

## 8. Weaponry Use

- Only wooden or plastic/ rubber weapons are used, for kata or, for advanced students only, for defence drills. Weapons are only used under strict supervision of instructors.
- Live bladed weapons are not used.

*On behalf of Worcester Wado-Ryu we have made the above statement honestly, and to the best of our knowledge all club sessions operate accordingly.*

<i>Name</i>	<i>Position in Club</i>	<i>Signature</i>	<i>Date</i>
<i>Humphrey Arnett</i>	<i>Club Instructor</i>		
<i>Michael Pogose</i>	<i>Assistant Instructor</i>		