

HEALTH AND SAFETY POLICY STATEMENT

British Wado Ryu Karate Union



British Wado Ryu karate Union Health and Safety Policy Statement

Karate activities have the potential for accidents, serious injury or worse. The British Wado Ryu Karate Union its instructors and volunteers are committed to the health and safety of all members conducting training in a way that provides the greatest number of people in all training environments that is safe and without risk to health that is as reasonably practicable to achieve.

The purpose of this document is to establish working guidelines for the operation of karate within the BWKU framework. It has identified areas of responsibility, procedures and plans that ensure karate is undertaken in a safe and responsible manner.

This policy is for use by all of the BWKU Membership including instructor's volunteers and students who partake in or have a responsibility for karate within the BWKU structure.

The BWKU is also committed to discharging all the statutory obligations that all current Health and Safety law and regulations requires of it.

Duty of Care and Negligence

Duty of care is a legal obligation imposed on an individual requiring that they exercise a reasonable standard of care while performing any acts that could foreseeably harm others.

Negligence is a form of legal action which, in essence, amounts to a failure to take reasonable care. It is necessary to show that the situation was one where the common law of negligence imposed a duty, that duty was broken, and that damage was caused by the breach of duty.

All instructors, Volunteers and members are expected to:

- ✓ Demonstrate a commitment to Health and Safety in the areas in which they work/train.
- ✓ Take reasonable care for the Health and Safety of themselves, colleagues and others who may be affected by their activities.
- ✓ Observe safety rules.
- ✓ Co-operate with the management structure so that all measures designed to promote Health and Safety at work. Any person who either notices another person acting in a way which might adversely affect the health and safety of others or becomes aware of such a situation, should immediately report the matter to the Health and Safety Advisor to the BWKU (Ian Lumsden) Each of us owes a 'duty of care' to our instructors, volunteers and students, not to cause them injury by our negligent acts and omissions.
- ✓ In order to satisfy that duty of care you must behave as a 'reasonable person' would, however your specific skills, knowledge and experience will be taken into account.
- ✓ The duty of care requires everyone to consider the consequences of your acts and omissions and to ensure that those acts and/or omissions do not give rise to a foreseeable risk of injury to any other person.
- ✓ Everyone owes a duty of care not to injure other people through our negligent acts and omissions. It is an individual duty which each of us owe all of the time to our neighbours.

HEALTH AND SAFETY POLICY STATEMENT

British Wado Ryu Karate Union



REQUIREMENTS OF BEING AN INSTRUCTOR OF A CLUB OR OTHER ACTIVITY AFFECTS YOUR DUTY OF CARE

- ✓ As a club instructor you have accepted the responsibility of leading others. You owe them a duty to ensure that they are not exposed to a foreseeable risk of injury as far as you reasonably can. It should be noted that on any outing where a group leader has not been appointed, the most experienced and/or qualified person there must intervene and at least advise if a foreseeable risk of injury arises.
- ✓ For all BWKU clubs, classes, lessons and teaching/training activities a group instructor MUST be appointed.

HOW ACCEPTING OFFICE IN A CLUB AFFECTS YOUR DUTY OF CARE

- ✓ If you accept a position of responsibility, you are likely to agree to carry out certain functions which may affect the safety of those both inside and outside the club.
- ✓ You are in a position of responsibility and you must fulfil your duties to the best of your ability without negligence. That is, you must not create a foreseeable risk of injury and you must take reasonable steps to deal with any foreseeable risk of injury, which exists or arises. For example: If you are in the position of equipment officer you must ensure that inspections are carried out at prescribed intervals by suitably qualified persons identified by BWKU to ensure equipment is safe.

Risk Assessments

- ✓ Risk assessments form an important part of karate activities, minimising the risks to all participants.
- ✓ This should be completed at each individual location each time you run an activity.
- ✓ There may also be times when additional risk assessments need to be undertaken for certain activities. These will be identified by BWKU.
- ✓ Risk assessments must be reviewed regularly and any changes in National Governing Bodies rules and regulations must also be incorporated.
- ✓ First Aid arrangements must comply with the Health and Safety (First Aid) Regulations 1981. There are trained First Aiders at all club locations. They are all trained by an accredited trainer and have current First Aid Certificate.
- ✓ The first aid requirements are constantly under review. It is the aim of the BWKU for every individual instructor to qualify as a First Aider. First Aid materials are kept in First Aid boxes and are available from any good supplier for minimal cost.

The BWKU are promoting that each instructor and/or club has possession of a box, and that they are kept in locations where they are easily accessible.

Each one should also have a person who is responsible for maintaining its contents. Local First Aid information should be displayed on each centres notice board and elsewhere at the discretion of the centre. Training and Coaching Within the BWKU there are specific guidelines to both the requirements and monitoring of Martial Arts Instructors. It ensures

HEALTH AND SAFETY POLICY STATEMENT

British Wado Ryu Karate Union



that instructors not only have the correct competency to train their organisations members but also abide by set insurance and safety standards set by the BWKU.