

**Musokan Dojo Risk Assessment**  
**June 2020 edition**

**Disciplines covered:**

Iaido  
Jodo  
Kendo  
Zanshin (wellbeing, fitness & meditation)

**All of the above:**

When following correct and safe practise under a qualified instructor the risk level is:  
Low / Moderate.

However if this is not followed the level would rise to:  
High / Severe.

All student must declare any medical condition both physical or mental which might impede their safe practise

**Additional considerations:**

If the additional precautions are taken in consideration of different training terrain and and seasons the risk level remains:  
Low / moderate

However if these precautions are not followed it rises again to:  
High / Severe

**Iaido**

It is common practise for advanced students to practise using either blunt practise swords or a sharp (live blade) sword. All students, particularly new beginners must be made aware of this.

**Jodo**

Is practised with wooden weapons striking skin and bone of partner, extreme control is required from both partners

**Kendo**

Is practised with full contact control strikes to the armour, as well as body slams, extreme control is required from both partners

**Zanshin**

Is designed to be low impact. This is only achieved if participants do not over stretch and only stretch to your natural point of resistance do not force through. Equally in the high intensity cardiovascular sections though they are designed to increase stamina participants must not overexert themselves to the point of injury.

**Covid-19**

All students & instructor must adhere to the latest Government / NHS guidelines at all times.  
Current measures.

- Everyone must declare that they are showing NO symptoms before each and every practise.
- Everyone must wash hands before and after training
- Social distancing must be maintained (2m preferable)
- No sharing of equipment
- Students must come wearing kit
- Toilets & training studio must be cleaned after each use before next persons can use it.
- No indoor training.
- Face masks should be worn.

Discipline	Indoor Training Summer	Indoor Training Winter	Outdoor Training Summer	Outdoor Training Winter
<b>Iaido &amp; Jodo</b> (usually practised together)	Caution sweat can cause slipper floor  Heat exhaustion  Hydrate	Cold weather will require additional stretching  Additional appropriate indoor footwear can be worn  After training not to go of dojo (home) into the cold with sweat on back , can cause muscles to tighten and seize	Caution of uneven ground  Correct outdoor footwear  Heat exhaustion  Hydrate  Sun block  Rain may cause slipper surfaces	Caution of uneven ground  Rain, snow & ice may cause slipper surfaces  Correct outdoor footwear and thermal under clothes must be worn  Cold weather will require additional stretching  After training not to go of dojo (home) into the cold with sweat on back, can cause muscles to tighten and seize
<b>Kendo</b>	Caution sweat can cause slipper floor  Heat exhaustion  Hydrate	Cold weather will require additional stretching  Additional appropriate indoor footwear can be worn  After training not to go of dojo (home) into the cold with sweat on back , can cause muscles to tighten and seize	Caution of uneven ground  Correct outdoor footwear  Heat exhaustion  Hydrate  Sun block  Rain may cause slipper surfaces	Caution of uneven ground  Rain, snow & ice may cause slipper surfaces  Correct outdoor footwear and thermal under clothes must be worn  Cold weather will require additional stretching  After training not to go of dojo (home) into the cold with sweat on back, can cause muscles to tighten and seize
<b>Zanshin</b>	Caution sweat can cause slipper floor  Heat exhaustion  Hydrate	Cold weather will require additional stretching  Additional appropriate indoor footwear can be worn  After training not to go of dojo (home) into the cold with sweat on back , can cause muscles to tighten and seize	Caution of uneven ground  Correct outdoor footwear  Heat exhaustion  Hydrate  Sun block  Rain may cause slipper surfaces	Caution of uneven ground  Rain, snow & ice may cause slipper surfaces  Correct outdoor footwear and thermal under clothes must be worn  Cold weather will require additional stretching  After training not to go of dojo (home) into the cold with sweat on back, can cause muscles to tighten and seize