

# ENGLAND KABADDI UNION

www.Englandkabaddi.com

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## Template risk assessment for Kabaddi

Hazard	Grading of Risk (Severity x Likelihood)	Control Measures
Unruly behavior of participants	1	Members of the committee will be on hand to defuse the situation and temporarily remove the offending members from the training session where they will be warned. Any further conflict will result in a ban for the training sessions and subsequent sessions.
Pulling muscle	2	Make sure that everyone in the group is warmed up sufficiently to reduce the likelihood of muscle pulls and tears. We will encourage everyone to drink plenty of water to reduce cramp.
Feeling faint	2	We will encourage everyone to drink plenty of fluids before and during the training session for example by introducing drinks breaks every half an hour. We will also encourage members to eat plenty of food 2-3 hours before the training session. If anyone is feeling faint, they can sit out until they are feeling better where they can be looked after by a committee member.
Uneducated participants	1	Committee members will be on hand to teach the proper technique to the individuals who are new to the sport. The committee members will have experience playing and training Kabaddi. Attendance is restricted to those that are willing to learn the proper Kabaddi technique.
Slips, trips and falls	1	We will ensure that all equipment including mats are arranged before training commences and are put back after training finishes to reduce the chance of slipping or tripping up on equipment during the training session. No other equipment is required to participate in Kabaddi. We will make sure all attendees are wearing appropriate footwear so as to protect the feet and to not damage the mats.
Bumps, bruises, sprains, tears, concussion	4	To reduce the likelihood of these hazards we will focus our training session on non-contact drills such as raiding footwork, defending footwork, bonus point technique and positional drills. And also focus on fleeting contact drills, such as ankle holds, leg holds, escape drills, block drills and simulated raiding/defending drills. We will also teach the proper techniques for the aforementioned drills and as a result the risk of injury is much lower. Actual competitive matches and training simulations will be kept to a minimum.

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## Grading of risk = Likelihood x Score

<b>Likelihood / Score</b>	<b>Rare (1)</b> Probably never happens, less than once a year	<b>Unlikely (2)</b> Not expected to happen, may occur once a year	<b>Possible (3)</b> Might happen occasionally, a few times a year	<b>Likely (4)</b> Will probably happen, once a week	<b>Almost certain (5)</b> Happens frequently, many times a week
<b>Negligible (1)</b> Minimal injury, not requiring first aid	1	2	3	4	5
<b>Minor (2)</b> Minor injury, requiring first aid	2	4	6	8	10
<b>Moderate (3)</b> Moderate injury, requiring a medical professional	3	6	9	12	15
<b>Major (4)</b> Major injury, leading to long term incapacity	4	8	12	16	20
<b>Catastrophic (5)</b> Life threatening injury	5	10	15	20	25