

Sample Risk Assessment – Taekwondo Activities

This sample risk assessment is provided as guidance for Taekwondo clubs, instructors, and event organisers. It should be adapted to suit the specific activity, venue, and participants involved.

Activity Details

Organisation / Club	
Activity	Training / Grading / Competition
Location	
Assessor Name	
Date	
Review Date	

Hazard Identification and Control Measures

Hazard	Who May Be Harmed	Risk Level	Control Measures
Physical contact during sparring	Students	Medium	Qualified supervision, appropriate warm-up, approved protective equipment, matched ability levels
Slips or trips on mats	Students / Officials	Low	Secure mats, regular checks, clear walkways
Overexertion or fatigue	Students	Medium	Rest breaks, hydration, age-appropriate training intensity
Incorrect technique	Students	Medium	Qualified instruction, progressive skill development
Injury or medical emergency	All participants	Low	First aid provision, emergency procedures, incident reporting

Review and Approval

This risk assessment should be reviewed regularly and updated whenever there are changes to activities, venues, equipment, or participants.