

**AIKIDO
RESEARCH
FEDERATION**

RISK ASSESSMENT PROFORMA

Name of Club

Signature of Risk Assessor

Name of Risk Assessor

Date Risk Assessment carried out

Item No	Description	Yes	No	Action to be taken
1	Is the Ceiling an adequate height for safe practice?			
2	Are windows safe?			
3	Are there any doors opening onto the mat area?			
4	Do doors or windows have any projecting parts?			
5	Are any items around the Dojo securely held?			
6	Is the area around the mat free of obstacles?			
7	Is there a one metre clear area around the mat?			
8	Is there adequate lighting?			
9	Are the mats dense enough to absorb a breakfall?			
10	Are the mats secure and free of tripping hazards?			
11	Are the mats free of tears?			
12	Are the mats clean?			