

GTUK Competition Risk Assessment Form



Event Details

Event Name : GTUK British Championships

Event Description: Taekwon-Do competition consisting of Patterns, Sparring, Breaking and Special Technique.

Location: (If applicable): Sports Connexion, Ryton on Dunsmore

Assessment completed by: GTUK Tournament Board

Date of Assessment: August 2026

Activity Being Assessed

Competition Sparring and Destruction

Key Characteristics of Activity

Semi-contact sparring involves punches and kicks to the body and head.

Destruction involves members using Taekwondo techniques to “break” boards (Hands and Feet)

Identified Risks

Likelihood: 1 = Rare, 2 = Unlikely, 3 = Possible, 4 = Likely, 5 = Almost Certain

Severity: 1 = Minor (no injury / minimal impact), 2 = Low (minor injury), 3 = Moderate (medical attention required), 4 = Serious (significant injury), 5 = Severe (major injury)

Risk Rating = Likelihood x Severity

Risk Levels: 1-5 = Low,

6-10 = Medium,

11-15 = High,

16-25 = Very High,

Risk/Hazard	Who is at risk?	Risk Level 1-5	Severity 1-5	Risk Score (Level x Severity)
Kick / punch to head	Participating Students	5	4	20
Knock out / loss of consciousness	Participating Students	3	4	12

Bleeding	Participating Students	3	3	9
Kick / punch to body	Participating Students	5	3	15
Broken bones / clash of limbs	Participating Students	2	4	8
Pulled muscles	Participating Students	2	2	4
Fall / slip	Participating Students	2	2	4
Joint injury eg twisted ankle	Participating Students	2	3	6
Bruising	Participating Students	5	2	10
Destruction Injury to limbs, hands, feet Broken bones Bruising Eye injury	Participating Students	4	4	16

Existing Control Measures

(Measures in place to reduce risk: rules, safety protection, first aid, instruction/coaching, safeguarding welfare measures)

SPARRING

The rules of the tournament will be enforced by officials during the event. Participants **MUST** follow all the rules and instructions from the Referee.

Participants are entered into specific categories depending on Experience/Sex/Age/Height/Weight

Full sparring PPE to be worn during sparring, including head guard and gum shield.

The rules of the event minimise risk of injury by limiting attacks to specific target areas eg hits to back of the head are not allowed.

Close supervision by qualified referees.

Emergency First aid on hand all day and designated Welfare officers.

Participants expected to exercise control as instructed to them via their instructors in normal class sessions.

Warm-up required before sparring

Participants to wear correct uniform, Jewelry etc to be removed.

Use of regulated Matting for each competitive square. Clear floor space. Avoid overcrowding.

Spectators kept away from the main competition area.

DESTRUCTION

Instruction provided for both participants and holders.

Boards selected according to participant's age, ability, size etc.

Clear floor space.

Trained first aider present. First aid kit on hand.

Only reusable plastic boards to be used Wooden boards not used (risk of wood dust and splinters).

Holders may wear gloves to protect fingers and shoes to protect against dropped boards.

Use correct/functional Breaking holder.



Additional Control Measures to consider:

Medical conditions / fitness to participate

In the event of a student declaring any Physical/Mental disabilities upon registration, a separate individual risk assessment will be completed and reviewed by the tournament board and safeguarding team to identify possible additional precautions to be implemented during the event.

Residual Risk (After Control Adjustments)

Re-score risks after mitigation:

Risk/Hazard	Who is at risk?	Risk Level 1-5	Severity 1-5	Risk Score (Level x Severity)
Kick / punch to head	Participating Students	3	3	9
Knock out / loss of consciousness	Participating Students	1	4	4
Bleeding	Participating Students	2	2	4
Kick / punch to body	Participating Students	4	2	8
Broken bones / clash of limbs	Participating Students	1	4	4
Pulled muscles	Participating Students	1	2	2
Fall / slip	Participating Students	2	2	4
Joint injury eg twisted ankle	Participating Students	2	3	6
Bruising	Participating Students	3	2	6
Destruction Injury to limbs, hands, feet Broken bones Bruising Eye injury	Participating Students	2	3	6

Decision Guidance:

Low Risk → Proceed

Medium Risk → Proceed with controls

High Risk → Careful consideration required

Very High Risk → Do not proceed

Conclusions

An appropriate risk assessment has been completed for participating students, identifying control measures to be implemented prior to and during the event, minimising risk of personal injury to an acceptable minimum. Competitors are reminded that they enter this event at their own risk and acknowledge that they must abide to the rules and regulations that govern it. On this basis it is concluded that this event can proceed.

This risk assessment is to be reviewed annually.

Review

Next review date: 15 August 2027