



**Risk Assessment for Sumo Wrestling Suit Hire & Use**

<b>Hazard</b>	<b>Who is at Risk?</b>	<b>Risk Level (Low/Med/High)</b>	<b>Control Measures</b>	<b>Additional Actions</b>
Incorrect Suit Sizing	Participants	Medium	Ensure users wear the correct suit for their size and age.	Brief users on correct fitting before play.
Impact Injuries (bruising, nosebleeds, etc.)	Participants	Medium	Provide helmets and neck braces. Ensure soft-mat is used. Advise users to follow the rules and not strike with excessive force.	Supervisors (if present) should monitor for rough play.
Falling Awkwardly	Participants	Medium	Encourage users to fall on their backs. Ensure sumo suits have sufficient padding.	Demonstrate correct falling technique before play starts.
Opponent Jumping on a Fallen Player	Participants	High	Strict rule enforcement – no jumping on fallen opponents. Display clear safety signs.	Verbal warning before use. Supervised sessions should actively enforce.
Slipping on Wet Surface	Participants	High	Do not use in wet weather. Ensure outdoor use is on dry, even ground.	Cancel or reschedule in poor weather conditions.
Trip Hazard from Mats or Equipment	Participants, Spectators	Medium	Ensure mats are laid out correctly with no curling edges. Keep the area clear of obstacles.	Regularly inspect mat placement during the event.
Misuse of Equipment	Participants	Medium	Give a safety briefing before use. Ensure responsible adult supervision for unsupervised hires.	Consider a waiver or safety checklist for unsupervised hires.
Storage & Transportation Risks	Staff	Low	Use correct lifting techniques when moving suits. Ensure proper storage to prevent damage.	Train staff on safe handling procedures.

Completed By: Philip Lack  
 Review Date: Annually