SAFEGUARDING IN MARTIAL ARTS SAFE PRACTICE POLICY

NAME OF CLUB:- All England Judo Federation

Martial Arts are activities where safe practice is essential to help prevent injury. Children* are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified as described below. (*also includes Adults at Risk)

1. Warm Ups

All training sessions will first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention will be paid to those muscle groups that will be used during later activity.

2. Martial Arts involving throwing, grappling and strangling

The risks of injury from Judo include but are not limited to the following:

- Falling on unsuitable surfaces
- Landing on the head
- Damage to the joints from locks
- Strangulation.

Before and during eat training session the following Safe practice will take place:

(a) Checking the matted area for suitability, particularly where the mats have been joined.

(b) Checking that there are no hard surfaces or sharp/hard objects around the matted area.

(c) Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

All coaches will be suitably qualified, experienced and will ensure that children are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning Judo.