**Health and Safety Policy**

1. **Background**

The style of Jiu Jitsu practised by The Jiu Jitsu Foundation has been developed in Great Britain during the past fifty five years from the ancient Japanese martial art of Jiu Jitsu. Jiu Jitsu utilises locks, strikes and throws to provide an extremely effective form of self-defence against armed and unarmed attackers. It must be borne in mind that Jiu Jitsu is a contact martial art and that its study does involve the acceptance of certain risks.

However, it is the aim of the Club and the Jiu Jitsu Foundation to ensure that so far as is reasonably practicable that training is carried out in a safe environment and in a safe manner. Suitable control and supervision must be exercised at all time.

All CUJJC training operates under the safety rules set forth by The Jiu-Jitsu Foundation (TJJF). The Club is also in possession of the *Health and Safety Guidance for University Sports Clubs* issued by the University and the *Notes for the Guidance of University Clubs and Societies* from the Junior Proctor’s office. All of these can be consulted on matters relating to Health and Safety (hereafter H&S).

CUJJC members, particularly the Committee, should be aware of the relevant University, TJJF and Government documentation about H&S and ensure its implementation.

1. **Responsibilities for Health and Safety**
   1. **The Committee**

Club Committee members are responsible for ensuring that:

* The Club Instructor(s) have been approved and mandated by the Jiu Jitsu Foundation.
* New members are issued with copies of the relevant health and safety documentation.
* The session is cancelled in the event that an appropriate Instructor is not available.
* Appropriate first aid cover is available at all times.
  1. **The Club Instructor**

The Club Instructor (CI) has primary overall responsibility for the safety of persons within the Dojo during training. They must ensure that both they and those teaching under their supervision only teach up to their level of competence.

The Club Instructor must carry out pre-training checks, including the following:

* A First aider, emergency telephone and first aid kit are available.
* All participants must have completed a physical activity readiness questionnaire and been given the individual member responsibility document.
* A check for new medical conditions which may affect training has been made.
* All participants must hold or have applied for within two weeks of starting, a valid membership to the TJF and therefore insurance.
* Environmental conditions are suitable. Lighting, ventilation, heating, dojo is in a safe condition, Dojo capacity has not been exceeded and venue emergency procedures are known.
* Mats have been set out correctly and are in a sound condition.
* Personal belongings, bags, etc. do not obstruct exits or present trip hazards.
* No eating or drinking in the dojo and no one under the influence of alcohol or drugs training.
* Participants are aware of Dojo rules, etiquette, safety precautions and are wearing suitable clothing in a good state of repair.
* All jewellery to be removed or made safe.
* All toe and fingernails are as short as possible.
* Suitable warm up exercises have been completed.
* Weapons and training equipment are in a safe condition. (This should include member’s personal training equipment)
* Beginners or visiting members are made known to the Club Instructor and to the Club.
* The Jiu Jitsu Foundation has been consulted and approves the available resources and procedures and appropriate specialist assistance available for any disabled participants identified as requiring additional help.

During Training, the Club Instructor must ensure that:

* Blood spillages shall be treated immediately.
* Injuries are treated immediately and recorded in the relevant accident book. The Premises Owner and the Jiu Jitsu Foundation shall be notified if any accident results in any incident requiring medical attention.
* The mat shall be kept free of gaps and clear of training equipment as far as is reasonably practicable.
* Where necessary adequate space shall be maintained between people or groups whilst on the mat.
* Persons feeling faint or nauseous shall be accompanied when going to the toilet or changing rooms.
* Persons are not mismatched in size or ability where this will give rise to danger. e.g. judo ground work competition
* Training is tailored to individual needs.
* Training weapons are inspected before use.
* Appropriate control and restraint is exercised in relation to the application of techniques.
* Kicks or punches to the head, heart or groin should be controlled. Full power finishing off and weakening strikes are not permitted.

At the End of Training, the Club Instructor is responsible for ensuring that:

* All injuries have been recorded.
* Defective equipment shall be removed or reported.
* Mats are carried and stored correctly.
* The Dojo shall be left in a clean and tidy condition.
* In some instances, a cool down period or exercises may be required.
  1. **Individual Members**

It must be borne in mind that Jiu Jitsu is a contact martial art and that its study does involve the acceptance of certain risks. There is an element of consensual risk taking in the practice of Jiu Jitsu.

Simulating both armed and unarmed attack situations can be physically demanding for both attackers and defenders. Occasional injuries such as bruises and sprains are to be expected.

Every club member has a responsibility to ensure their own H&S, and that of those around them, as far as is practicable. Every individual member shall ensure that they will:

Disclose via the medical screening questionnaire if they have any medical conditions, injuries or a change in health status that may prevent or affect training.

* Provide details of how they manage their condition if they have Asthma, Diabetes or Epilepsy and supply the club instructor with a letter from a medical professional before participating in training if they disclose any other condition with currently affects their ability to train.
* Stop training, move away from and immediately advise an instructor if they become aware of a blood spillage so that it can be treated urgently by someone wearing suitably protective gloves.
* Keep toe and fingernails as short as possible.
* Not wear jewellery, watches, bracelets or hair pins whilst training.
* Not consume food or drink (including chewing gum) in the Dojo.
* Not smoke whilst in the Dojo or whilst wearing a gi.
* Not use full power kicks or punches to the head, heart or other vital strike points whilst carrying out finishing off or weakening strikes.
* Maintain a high standard of personal hygiene.
* Keep their gi clean and in a good state or repair.
* Use only appropriate force when training and exercise restraint where required. Especially during locks or strangles (a tap means stop)
* Not consume alcohol prior to training.
* Obey the rules of the Jiu Jitsu Foundation and the etiquette of the Dojo.
* Apply for membership within two weeks of commencing training.
* Maintain a valid Jiu Jitsu Foundation membership status and other club membership requirements at all times.
* Follow the instructions of the club Instructor or their nominee, and in particular observe the command 'yame' which means STOP.
* Follow the advice of other more experienced members where that advice relates to their safety.
* Draw to the attention of the Club Instructor anything which may affect the safety of people training.
* Not engage in free practice without the presence of an Instructor.
* Not attempt techniques which they have not been instructed to do so.
* Not leave the mat or the Dojo during training sessions without notifying the Club Instructor.
* Not carry illegal weapons in their training bags.
* Carry all weapons, particularly bokkens, bo's, jo's in suitable cases and avoid the attentions of people in the street.
* Maintain any personal training equipment or weapons which may be used within the club in a safe condition.
* Prior to commencing training or an attack shall ensure that the defender is ready and observe Dojo etiquette. E.g. rei before attacking.
* Leave a suitable period between eating and the start of training.

1. **Equipment**

All club equipment is to be stored in the first aid kit or weapons bag, as appropriate, when not in use. The instructor responsible for running the session must provide a first aid kit and weapons where required for the day’s training. All equipment must be kept in good condition and replaced as and when necessary.

Mats, weapons and other equipment shall be inspected before use. It is the responsibility of the Committee and the Club Instructor to ensure the equipment is safe for use.

It is the responsibility of individual members of the Club to ensure that their personal equipment is kept in good condition.

1. **First Aid**

The Instructor running the session is responsible for bringing the club First Aid Kit, which must be kept well-stocked at all times and all components contained within should be fit for purpose. All Instructors are trained in First Aid.

1. **Conduct on the Mat**

Club members must abide by the Club’s Health and Safety Policy at all times while on and off the mat. During training, club members must listen to the instructors, follow all instructions relating to health and safety. The instruction ‘yame’, meaning ‘stop’, must be listened to at all times and any activity immediately stopped.

1. **Personal Protective Equipment**

No Personal Protective Equipment is required on the mat. Members of the Club competing at a higher level are encouraged to wear gum shields and other protection as appropriate for their grade. Instructors will advise club members on purchase and use of suitable equipment.

1. **Novices**

New members who join the Club must fill out the club mini-license form, the TJJF license form and inform the instructors of any medical condition which may affect their ability to stay safe on the mat and participate in all activities. Novices must pay their license fee to the TJJF after their first two free sessions to ensure they are covered by the TJJF insurance policy.

1. **Travel**

It is the club’s policy that those driving members to and from CUJJC activities be experienced drivers with clean licenses. The driver of the vehicle is responsible for the safety of their passengers and for compliance with all relevant road or Traffic Regulations.

1. **Accommodation**

Suitable accommodation for events away from Cambridge (for example, Nationals) will be arranged by the club. Members are expected to behave in a manner concordant with the club’s Code of Conduct at all times.