SAFE PRACTICE POLICY

Darkstar Jiu Jitsu

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 activities 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 include but are not limited to: falling on unsuitable surfaces; landing on the head; damage to the joints from locks; strangulation.

Safe practice should include, but is not limited to:

(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 experienced instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

(d) Sparring will always be undertaken in the presence of an experienced instructor and students will always be reminded of safe practice. Sparring is always optional and students will be observed during this practice at all times.

(e) End of class messages will include reminders of safe practice both in training & sparring

Above all, safe practice means having a suitably qualified and experienced instructor who 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 a Martial Art.