



CREWE JUDO CLUB

Health and Safety Policy

HEALTH AND SAFETY

Club members must be mindful of the health and safety considerations at all times and exercise a duty of care to all other members and visitors. In particular the following points must be noted and observed:

- Every training session shall commence with a thorough warm-up session and finish with a cool-down.
- All participants are required to be aware of and to avoid the use of prohibited acts as stipulated in the rules of contest judo.
- Reckless, excessively heavy throws and the over-energetic or sudden application of armlocks and strangle-holds must be strictly avoided. Advanced techniques such a *maki-komi* and sacrifice throws should only be attempted by senior grades and then only on those whom they know to have practised being thrown in this way. Groundwork techniques should be terminated at the first indication of a submission.
- Participants must immediately obey the instructions of the instructor or referee to cease any action which may be risking possible injury to themselves or others.
- The number of people practising on the mat shall always be strictly controlled by the instructor and shall not exceed a pupil coach ratio of 20:1.
- Members or visitors with any form of medical condition should ensure that this is known to the instructor at the beginning of the session.
- All beginners and novice grades must demonstrate their ability to breakfall to the satisfaction of the instructor before being allowed to practice other judo techniques.