Faber Jiu Jitsu Health and Safety Policy

Policy Name	Faber Jiu Jitsu Health and Safety Policy	**Author**	Benjamin Robson - Faber Jiu Jitsu
Version	V1	**Review Date**	March 2025
Date Approved	20.03.2025	**Document Location**	Google Drive- Faber Jiu Jitsu
Approving Committee	Benjamin Robson - Faber Martial Arts Limited		

Related Policy	Faber Jiu Jitsu Safeguarding Policy- Adults
Standards	
Key Words	Health and Safety, Risk, Assessment, Policy

Document Revision Record			
Amendment Date	**Version Replaced**	**Sections Involved**	**Amendments**

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1. **Statement of Intent**

The aims of this policy are to identify potential risks to health and safety at Faber Jiu Jitsu and implement strategies to mitigate and reduce risk. All coaches of Faber Jiu Jitsu hold the appropriate qualifications (see coaches' section) and recognise the responsibility of completing daily risk assessment and implement health and safety measures to reduce the risk of injury to their person and the students of Faber Jiu Jitsu.

Faber Jiu Jitsu' Health and Safety Policy is to:

- Reduce the risk of accidents and cases of work-related ill health.
- Reduce the risk of accidents and cases of training related ill health.
- Manage health and safety risks.
- Consult with employees and students on matters affecting their health and safety.
- Provide and maintain a clean and safe training environment.
- Ensure safe handling and use of substances (cleaning equipment).
- Implement emergency procedures, including evacuation in the event of fire or other significant event.
- Revise and review this policy regularly.

2. **Responsibilities for Health and Safety**

Overall responsibility for Health and Safety at Faber Jiu Jitsu- **Benjamin Robson**

Day to day responsibility or ensuring this policy is put into practice- **Benjamin Robson**

To ensure health and safety standards are monitored/maintained and improved in the following areas-

Safety, risk assessment, monitoring, consulting employees, accidents first aid, and emergency procedure/evacuation- **Benjamin Robson**

Maintaining equipment, information and training- **Benjamin Robson**

All members of Faber Jiu Jitsu should:

- Co-operate with coaches on health and safety matters.
- Take reasonable care of their own health and safety.
- Report all health and safety concerns to an appropriate person (detailed above).

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3. Risk Assessment

- A thorough programme of warm up exercises led by the coach in charge of the session will be carried out at the beginning of every session.
- Control of numbers in the hall at any one time exercised by the coach in charge of the session- no more than 24 students per coach.
- Prior to attending class students will complete a medical declaration form to include consent to participate at their own risk.
- Any student with a potentially serious medical condition or who is feeling unwell should alert the coach to this prior to the session.
- All accidents / injuries must be reported to the coach who will provide first aid cover; contact the emergency services where required and complete an accident record form.
- All instructors are first aid trained (including CPR).
- First aid box and accident record carried in the instructor's bag and brought to each class.

Specific risk assessment:

Activity	**Hazard(s)**	**Person(s) at risk**	**Control measures**	**R A G**	**Extra control measures**
Removal and replacement of mats to storage cupboard	Musculoskeletal injury to persons moving mats.	Coaches and volunteers	Complete TILE risk assessment and abide by manual handling lifting procedures.		Nil
Technique Practice	Musculoskeletal injury -Bruising to arms, legs or torso caused by falling/grappling	Students	Thick Judo mats/Teaching students correct way to fall and correct technique to avoid injury.		Nil

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Technique Practice	Mat burn/cut feet	Students	Ensure mat space is clear of debris and no members have zips on pockets. Ensure mats are cleaned regularly at the end of each session.		As members become more experienced their skin will become conditioned to training so tends to only be an issue for beginners. We will have tape on hand to cover any mat burn/cut feet.
Technique Practice/ sparring	Injury to head, neck or spine.	Students	Injuries of this nature are extremely rare. Slams and spikes are illegal in Jiu Jitsu so will not be tolerated in practice or competition. Students will be expected to be considerate of training partners during practice.		Nil
Sparring	Strained or torn muscles and ligaments through improper warm up or incorrect technique and lack of knowledge of techniques.	Students	Using correct warm up techniques. Constant supervision of sparring.		Late comers will be warmed up during low intensity drill practice before sparring. Any members beyond 20 mins late to class will be refused entry to class.
Sparring	Dislocation of joints, specifically toes.	Students	Practice of correct technique and wearing the		Damaged mats shall be removed and/or replaced.

			appropriate uniform (Gi/Kimono with belt).		
Sparring	Broken skin and cuts through excessive contact by partner or contact with jewellery	Students	The wearing of any jewellery is prohibited.		Any jewellery that cannot be removed must be taped over.
Sparring	Severe injuries such as broken bones, broken teeth or concussion/ loss of consciousness	Students	Students are not to practice unsupervised. Students are taught correct technique.		Students are taught sparring etiquette to be mindful of the space around edge of the mats and care to their training partner.
Sparring	Dehydration	Students	It is common for members to sweat a lot during strenuous practice. It is important to rehydrate during/after lesson		Water breaks often, students encouraged to bring their own water bottles.
Sparring	Dizziness, nausea and hyperventilation	Students	Dizziness, nausea and hyperventilation can occur during strenuous exercise, all training is supervised with regular breaks. Students will be encouraged to rest if experiencing		As cardio-pulmonary fitness improves these symptoms will be less common.

			these symptoms.		
Sparring	Seizures due to known medical condition or over exertion.	Students	All students will complete a medical declaration form prior to participation to inform coaches. All coaches are first aid trained.		
Sparring	Skin infection	Students and Coaches	Due to bodily heat and moisture participants are at risk of developing and spreading skin infections. Good hygiene including clean training clothes is important to mitigate this risk.		Students will not be allowed to participate if there is evidence of a current skin infection or if training clothes are visibly unclean, good hygiene practices are mandatory. Mats to be cleaned after each training session.
Instructor/Coaches	Qualifications registration and insurance of instructors	Coaches	All coaches have instructor insurance with the UKBJJA and are registered with the International Brazilian Jiu Jitsu Federation as certified Black Belts.		

RAG Rating			
Descriptor	**Green**	**Amber**	**Red**
LIKELIHOOD	Do not expect harm at the level indicated to happen/recur but it is possible it may do so	Harm at the level indicated might happen or recur occasionally	Harm at the level indicated will undoubtedly happen/recur, possibly frequently
FREQUENCY	Expected to occur at least annually	Expected to occur atleast monthly	Expect to occur atleast daily

4. Accident Reporting

All incidents which require the administration of first aid will be recorded in an accident book by the coach in charge of the session. The reports will be reviewed regular considering any patterns which may be occurring to highlight further risk mitigation strategies.

5. Fire Safety

All emergency exits are clearly highlighted and will be kept clear. These exits are checked regularly by the on-duty security manager. A register will be taken on check in for the class by the coach and logged.

In the unlikely event of a fire the lead coach on duty will identify the safe exit route and meeting point.

6. Instructor Qualifications

All instructor/coaches will have the following qualifications in order to teach for Faber Jiu Jitsu-

- Enhanced DBS checked within the last 3 years
- Valid instructor insurance
- First aid/Basic life support training
- Safeguarding/child protection training

7. Instructor Training

All instructors will be required to participate in regular instructor training to develop and critique the current curriculum and receive feedback from senior instructors on delivery of classes. A structured constructive feedback form to identify areas for further development for coaches can be used in supervision sessions. Formal coaching qualifications are not essential but encouraged.

8. Training Environment

A safe and suitable training area to participate in the sport of Brazilian Jiu Jitsu is essential. The mat area must be clear of hazards, cleaned with appropriate equipment and large enough to support the number of members. The recommended tatami for practice are 230kg per cubic metre density and non-slip base. Faber Jiu Jitsu currently uses Judo mats in line with this requirement.

The training area is regularly assessed for damages, tears and sharp edges as part of the risk assessment. A fully stocked first aid kit is located on site to treat minor injuries, such as abrasions.

The recommended training area size is 2 square metres per person for live sparring and student numbers should not exceed 24 people per coach.

Faber Jiu Jitsu has public and product liability insurance and member to member liability insurance up to 150 athletes.

9. Submission Techniques

All students of Faber Jiu Jitsu will receive education on tapping for submissions. Adults are expected to take responsibility for tapping to submissions to avoid risk of injury and practice safe BJJ. All students will be expected to exert control over applying submissions and give their opponent time to submit when the hold is then immediately released.

Once children of Faber Jiu Jitsu have reached the appropriate level to learn submissions they will be closely supervised in class during the application of submissions and coaches are expected to intervene to prevent injury from the submission should it be required. Safety will be maintained at all times.

10. Illegal/Foul Techniques

All members of Faber Jiu Jitsu will be educated on the rules of BJJ and what constitutes a foul technique. Faber Jiu Jitsu abides by the IBJJF Rule Book

11. Declaring Medical Conditions

All new members of Faber Jiu Jitsu will complete a health declaration form prior to commencing classes and clearly state any pre-existing medical conditions. Adults are expected to bring any current appropriate medications with them to class in the event of an emergency.

If members are in doubt if their medical condition is significant, they are encouraged to seek advice from their GP prior to attending Faber Jiu Jitsu.

All information will be stored in a confidence database, password protected and maintain within the GDP

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