Venue

Purpose

Completed by..... Date.....

Sections one (premises) and two (equipment) are variables depending on the clubs situation, these sections should be completed to the best of your ability following the guidelines in blue. Please delete this paragraph when form completed

Description	Hazard	Control Measures	In Place	Initials	Review Date
Premises	Describe here the venue that is being used as a dojo		Yes or No		
	e.g. School/ Sports hall i.e. (large room dedicated to sport but there is equipment	Mats to be laid in centre of room away from equipment and walls			
	stored close to the walls)	Some areas out of bounds.			
	(Community Hall, chairs stored at one end plus a staged area)	Wall cladding or mats used to protect persons			
	Dedicated, permanent dojo	who may leave the mat unexpectedly			
	Emergency Exits and procedures	These should be signed and a regular evacuation drill carried out. Coaches should be aware of procedures and muster points for venue			
Equipment	MATS Detail potential risks e.g.	Detail here the condition of the mats i.e. the non slip bottom as well as the playing surface			
	Mats can separate during training	Are the mats kept together and by whom?			
	Mats can become slippery during training due to condensation	Ventilation			
	Mats can become dirty	How often are the mats cleaned?			
	JUDOGI (Club owned) Potential for	Kit loaned to player until own kit purchased and returned in a clean			





disease if worn by player with skin complaint Other kits washed every month Players encouraged to wash own kit after each session Players encouraged to wash own kit after each session First aid kit Required to treat minor injuries Is iu pto date How often is it checked (Dated signed list of contents kept in understade of lid) Injuries during practice sessions Standing judo techniques require the throwing of an executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. All players are made avare of contest rules and ediquette Before training throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. No student will progress to the main class or attempt throwing at techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fall If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injury Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.				 	
player with skin complaint Other kits washed every month Players encouraged to wash own kit after each session Players encouraged to wash own kit after each session First aid kit Required to treat minor injuries Is it up to date How often is it checked (Date digned list of contents kept in underside of lid) Injuries during practice sessions Standing judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mast to lessen the impact of the fall If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injury When teaching new throws crash mats will be used to lessen the impact of the fall. Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct superVision of a qualified BJA level 2 minimum Coach who is trained in first aid.		transmission of skin	condition		
complaint month Players encouraged to wash own kit after each session Players encouraged to wash own kit after each session First aid kit Required to treat minor injuries Is it up to date How often is it checked (Dated signed list of contents kept in underside of lid) Injuries during practice sessions Standing judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. All players are made aware of context rules and etiquette Before training to the mat at any one time there is a potential to fall (trip / bang into each other causing injury No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fall When teaching new throws crash mats will be used to lessen the impact of the fall. When teaching new throws crash mats will be used to lessen the impact of the fall. Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.		disease if worn by			
First aid kit Players encouraged to wash own kit after each session First aid kit Required to treat minor injuries Is it up to date Injuries during practice sessions Standing judo techniques require the throwing of an opponent. If throws are executed poorty or if the person being thrown falls awkwardly then accidental injuries can occur. All players are made aware of contest rules and etiquette Before training No student will progress to the main class or attempt throwing techniques until they have demostrated the ability to breakfall correctly If too many people are training on the mat at any one time there is a potential to fall / trip/ bang into each other causing injury When teaching new throws are done on mats to lessen the impact of the fall. Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid. Students are made aware of the effects of armotek and training in first aid.		player with skin	Other kits washed every		
First aid kit Bit up to date Required to treat How often is it checked minor injuries Standing judo techniques require All players are made avare of contest rules and etiquette Before opponent. If throws are executed poorly or if the person being thrown falls awkwardly then acidental injuries can occur. and etiquette Before tating training on the mat at any one time there is a potential to fall / rule Vhen teaching new throws rate done on mats to lessen the import to baing injury When teaching new When teaching new When teaching new victor the fall Numbers are restricted to no more than XX students per session with X BJA Club coaches Judents per sess		complaint	month		
First aid kit Bit up to date Required to treat How often is it checked minor injuries Standing judo techniques require All players are made avare of contest rules and etiquette Before opponent. If throws are executed poorly or if the person being thrown falls awkwardly then acidental injuries can occur. and etiquette Before tating training on the mat at any one time there is a potential to fall / rule Vhen teaching new throws rate done on mats to lessen the import to baing injury When teaching new When teaching new When teaching new victor the fall Numbers are restricted to no more than XX students per session with X BJA Club coaches Judents per sess					
First aid kit Bit up to date Required to treat How often is it checked minor injuries Standing judo techniques require All players are made avare of contest rules and etiquette Before opponent. If throws are executed poorly or if the person being thrown falls awkwardly then acidental injuries can occur. and etiquette Before tating training on the mat at any one time there is a potential to fall / rule Vhen teaching new throws rate done on mats to lessen the import to baing injury When teaching new When teaching new When teaching new victor the fall Numbers are restricted to no more than XX students per session with X BJA Club coaches Judents per sess			Players encouraged to		
First aid kit session Required to treat minor injuries Is it up to date Injuries during practice Standing judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. All players are made and etiquette Before training If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injury No student will progress to the main class or attempt throwing the berson being throws are done on mats to lessen the impact of the fall When teaching new throws crash mats will be used to lessen the impact of the fall. When teaching new throws crash mats will be used to lessen the impact of the fall. Groundwork techniques invitile whick bave the potential for injury Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 12 minimum Coach who is trained in first aid.					
First aid kit Required to treat minor injuries Is it up to date How often is it checked (Dated signed list of contents kept in underside of lid) Injuries during practice sessions Standing judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. All players are made aware of contest rules and etiquette Before training No student will progress to the main class or to the fall If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injury When teaching new throws are done on mats to lessen the impact of the fall Strundwork techniques involve armlock strangles and hold-downs. All of which have the potential for injury Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 12 minimum Coach who is trained in first aid.					
Required to treat minor injuries How offen is it checked (Dated signed list of contents kept in underside of lid) Injuries during practice sessions Standing judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. All players are made aware of contest rules in additionation opponent. If throws are the person being thrown falls awkwardly then accidental injuries can occur. All players are made aware of contest rules in the person being thrown falls awkwardly then accidental injuries can occur. If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injury No student will progress in the impact of the fall When teaching new throws are done on mats to lessen the impact of the fall. When teaching new throws crash mats will be used to lessen the impact of the fall. Required downs. All of which have the potential for injury Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the diver supervision of a qualified BJA level 2 minimum Coach who is trained in first aid. Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
Required to treat minor injuriesHow offen is it checked (Dated signed list of contents kept in underside of lid)Injuries during practiceStanding judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.All players are made aware of contest rules and etiquette Before training No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.		First aid kit	ls it up to date		
minor injuries (Dated signed list of contents kept in underside of lid) Injuries during practice sessions Standing judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardy then accidental injuries can occur. All players are made aware of context rules an opponent. If throws are the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fall If too many people are training on the mat at any one time there is a potential to fall / tri / / bang into each other causing injury When teaching new throws crash mats will be used to lessen the impact of the fall. Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid. Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			-		
Injuries during practice sessionsStanding judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.All players are made avare of contest rules and etiquette Before training No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs, All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the diriect supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.					
Injuries during practice sessions Standing judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur. All payers are made aware of contest rules and etiquette Before training No student will progress to the main class or attempt throwing then accidental injuries can occur. No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fall If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injury When teaching new throws crash mats will be used to lessen the impact of the fall Groundwork techniques involve arm closks strangles and hold-downs. All of which have the potential for injury Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only training the first aid.		minor injuries	· •		
Injuries during practice sessionsStanding judo techniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.All players are made aware of contest rules and etiquette Before training No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.					
practice sessionstechniques require the throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.aware of contest rules and etiquette Before training No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			;		
sessionsthe throwing of an opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.and etiquette Before training No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
opponent. If throws are executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.trainingthrown falls awkwardly then accidental injuries can occur.No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
executed poorly or if the person being thrown falls awkwardly then accidental injuries can occur.No student will progress to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Wumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to	sessions	-	•		
the person being thrown falls awkwardly then accidental injuries can occur.to the main class or attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			5		
thrown falls awkwardly then accidental injuries can occur.attempt throwing techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		executed poorly or if			
then accidental injuries can occur.techniques until they have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			to the main class or		
can occur.have demonstrated the ability to breakfall correctly All throws are done on mats to lessen the impact of the fallIf too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		thrown falls awkwardly	attempt throwing		
If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryability to breakfall correctly All throws are done on mats to lessen the impact of the fallWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		then accidental injuries	techniques until they		
If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injurycorrectly All throws are done on mats to lessen the impact of the fallWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		can occur.	have demonstrated the		
If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injurycorrectly All throws are done on mats to lessen the impact of the fallWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			ability to breakfall		
If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryAll throws are done on mats to lessen the impact of the fallWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			-		
If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injurymats to lessen the impact of the fallWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
If too many people are training on the mat at any one time there is a potential to fall / trip / bang into each other causing injuryimpact of the fallWhen teaching new throws crash mats will be used to lessen the impact of the fall.When teaching new throws crash mats will be used to lessen the impact of the fall. Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			mats to lessen the		
any one time there is a potential to fall / trip / bang into each other causing injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall. Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall. Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryWhen teaching new throws crash mats will be used to lessen the impact of the fall.Students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
potential to fall / trip / bang into each other causing injurythrows crash mats will be used to lessen the impact of the fall.Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		-	When teaching new		
bang into each other causing injurybe used to lessen the impact of the fall.Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		-			
causing injuryimpact of the fall.Numbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryNumbers are restricted to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		-			
to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 armlocks strangles and hold-downs. All of which have the potential for injuryto no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		causing injuly	impact of the fail.		
to no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 armlocks strangles and hold-downs. All of which have the potential for injuryto no more than XX students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			Numbers are restricted		
Students per session with X BJA Club coaches Judo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
Groundworkwith × BJA Club coachesImage: GroundworkJudo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Image: Groundworkminimum Coach who is trained in first aid.Image: Groundworkminimum Coach who is trained in first aid.Image: GroundworkStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
GroundworkJudo training will only take place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.MinewerMinewerPotential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			•		
Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injurytake place under the direct supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			-		
Groundwork techniques involve armlocks strangles and hold-downs. All of which have the potential for injurydirect supervision of a qualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need toImage: Comparison of a qualified BJA level 2 minimum Coach who is trained in first aid.					
techniques involve armlocks strangles and hold-downs. All of which have the potential for injuryqualified BJA level 2 minimum Coach who is trained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to		Cusundaraula	-		
armlocks strangles and hold-downs. All of which have the potential for injury Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
hold-downs. All of which have the potential for injurytrained in first aid.Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			, ,		
which have the potential for injuryStudents are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
potential for injury Students are made aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to			trained in first aid.		
aware of the effects of armlock and strangle techniques with a firm understanding of how to submit and the need to					
armlock and strangle techniques with a firm understanding of how to submit and the need to		potential for injury			
techniques with a firm understanding of how to submit and the need to					
understanding of how to submit and the need to			-		
submit and the need to			techniques with a firm		
			understanding of how to		
			submit and the need to		
apply these techniques			apply these techniques		
gradually					



		Make sure individuals understand the need to return to standing work in randori situations as soon as possible During randori situations there will never be more than X contests on the mat at any one time. Contests will be supervised Beginners will be subject to more rigorous supervision and will be assisted/taught by higher grades Players will train at their		
		own discretion with other grades		
		Players are not forced to train with any person they do not feel comfortable with		
General Injuries	Pulled Muscles, strains, bruising etc Strenuous exercise can lead to muscle fatigue, cramp, sore / stiff joints, pulled and strained muscles, ligaments and tendons	Coaches are first aid trained Qualified first aiders treat all injuries immediately following the clubs accident procedures Students must take part in the warm up at the beginning of the class in order to stretch all the necessary muscles and joints used in the		
	Cuts and abrasions Can occur due to students having long nails or as a result of a mishap e.g. nose bleed. Friction burns	practice of judo These should be cleaned and dressed immediately and before continuing with any practice Any specks of blood should be cleaned immediately from the mat All students must keep their own nails short to avoid unnecessary		



		injuries Thorough warm up/down exercises and medical/injury checks are to be carried out at the beginning and end of every session		
		Are their any measures in place to reduce the possibility of players accidentally leaving the mat area?		
		The age and general health/fitness of individuals should be respected		
		Extra provision of coaches and numbers on the mat should be observed when coaching people with extra needs.		
Over exertion, dehydration, exhaustion	Sessions can last for hours & minutes and could lead to dehydration	Members are encouraged to bring water bottles to the dojo and coaches will allow for regular breaks to enable players to rehydrate Any player who requires a rest will be allowed to sit out to recover Techniques are taught at the level of the individual		
Infectious diseases	Due to the potential for bleeding there is a risk that infectious diseases could be transmitted	Prior to any practice session the mats must be inspected for blood stains and cleaned as necessary		
	Sweat and dirt could	Any blood on the mat MUST be cleaned immediately using appropriate materials and precautions Students with "bleeding" injuries will not be allowed back on the mat until the bleeding has		





build up on the mats stopped or the cut is	
with constant use safely covered.	
Regular cleaning of mats	
should be carried out	
General personal	
Hygiene should be	
observed and kept to an	
acceptable standard.	
Laying and There is a risk of back All persons need to be	
storing of mats injury when lifting judo aware of the potential	
mats for back injury	
Coaches must ensure	
that appropriate lifting	
and handling techniques	
are applied	
Smaller/junior players	
The storage area are not permitted to	
should be suitable to pick up judo mats	
minimise the risk of	
damaged to equipment Where possible 2	
persons should lift one	
mat to avoid injury	

Signed.....

Date.....