

Health & Safety Policy

Bee Safe: Self Defence Group Classes

All persons entering a Dojo or Training Hall have a responsibility under the Health and Safety at Work Act to take care of their own safety and that of others, and to co-operate with the venue to enable them to carry out their own responsibilities successfully.

If at any time a student has any concerns regarding Health and Safety, these should, be directed to Ms Antje Timmermann.

All persons entering the Dojo are expected to comply with the requirements of the Risk Assessment.

The persons authorised to enter the dojo are instructors, (prospective) students and venue staff.

In family classes, a responsible adult needs to be on the premises for any students under the age of 16.

Smoking, use of Drugs and drinking of Alcohol are banned in all Martial Arts Dojos. Anyone disregarding this ban will be asked to leave the Dojo.

Any damage to the fabric of the Training Hall or the equipment within it must be reported to the Instructor so that they can assess any implications for the Safety or Security of the Training venue.

All persons are expected to be alert to their surroundings at all times. A Martial Arts Class by its very nature involves people kicking and punching - anyone moving through the class is at risk of injury - always walk around the edge of the class avoiding any possibility of being struck by a Student or Instructor performing a Technique. If a student is late to class they must make their presence known to the Instructor and await their permission before attempting to join in.

Under no circumstances is any of the equipment to be used without the permission of the Instructor. Do not use/sit on/climb on any venue equipment (such as climbing frames, ropes, trampolines, mat trolleys, etc)

If a student uses any equipment which is not approved, the instructor will ask the student to leave the dojo.

Ensure all drinks are kept away from the training area. Any spillage of fluids must be cleared up immediately to avoid any risk of persons slipping and sustaining injuries. Keep the tops on drink bottles fully closed.

Do not leave anything within the training area which could pose a trip hazard to other persons. Pads, kick shields and other training equipment when not in use must be returned to the side of the room and positioned safely. Bags and shoes must also be stacked safely against walls and out of the way of any training activities.

In the event of a Power Failure all students are to stay where they are and await directions from the Instructor. Most buildings have emergency lighting installed but some older buildings may not and it would be hazardous for everyone to start moving around in the dark bumping into each other. The Instructor will have prepared an emergency evacuation procedure. Follow their Instructions. In the event of Fire follow the Fire Safety Procedures for that venue. The Instructor will provide this information if it is not already displayed at the venue. Do not re-enter a building unless directed by the Venue Management, the Instructor or Emergency Services that it is Safe to do so.

New Starters

All information obtained by Instructors about Students will be treated in strictest confidence and only used for the purposes of assessing an individual's needs in relation to their Martial Arts Training. A student may ask at any time to see any information that the Instructor has on file.

New starters are required to declare any issues relating to their health, disabilities, special needs or injuries that they have prior to commencing training.

A school Instructor reserves the right to refuse training to any student if they believe the individual is unfit on Medical Grounds for Martial Arts Training.

Instructor / Student ratio of 1-20 maximum

Accidents and Injuries

Any Accidents or Incidents within the Dojo must be reported to the Instructor who will investigate the incident thoroughly and document as necessary.

Any Injuries to students must be notified to the Instructor immediately who will determine the appropriate course of action. If anyone suffers an injury / accident in the Training Hall they must ensure that the Instructor has been informed and that the injury/accident is fully documented before leaving the training venue.

In the event that any body fluids, including blood, vomit, urine, etc contaminate the Training area all activity in that area must cease and the Instructor be informed. The area must not be returned to use until thoroughly cleaned and all risk of cross infection / slip hazards is removed.

If a student becomes unconscious for any reason; i.e. sparring injury, fainting, etc. The class must be stopped immediately and ensure the casualty is protected from any further harm. The Instructor / appointed First Aider will determine the course of action to be taken. Do not attempt to assist a casualty unless trained to do so. The class should be dismissed until it is safe to resume training.

If a student is injured, has developed any special needs or is suffering from any health problems and their training may be affected by that injury or health problem, or their injury or health problem could be exacerbated by their training, the student, must inform the Instructor before class commences. The Instructor will then be in a position to assess any limitations and adapt the student's training accordingly. The Instructor will always have the right to refuse training to anyone whom they feel is unfit to train. If a student is refused training they will be given clear reasons why training has been refused. An Instructor has a responsibility for the welfare of all students whilst they are in class and as such will on occasions be required to make decisions which the student may not agree with. Please respect the Instructor's decision.

Any student believed to be under the influence of Alcohol or Drugs will be refused training. Martial Arts training requires that all participants are fully alert at all times within the training hall. Anyone believed to be under the influence of Alcohol or Drugs will be asked to leave the Dojo

Power Testing

Power Testing is used to assess an individual's power and performance of techniques. These techniques may be both hand and foot. Techniques are performed against kick shields or student pads.

The pad- or shield holders must be able to deal with the techniques, size of person utilising them and the anticipated power level. The student performing techniques against a kick shield or pad must ensure that the holder is ready before attempting the technique. Keep pads and shields away from the face where any impact on the pad may be transmitted to the head. The Instructor will demonstrate the correct technique for holding pads and kick shields.