



# Kyushin Ryu Ju Jitsu Association Safe Practice Policy

## 1. Introduction

At Kyushin Ryu Ju Jitsu Association we are committed to providing a safe, inclusive, and supportive environment for all participants. This Safe Practice Policy outlines the measures we take to ensure the physical and emotional safety of our members, particularly children and adults at risk, during both regular training and competitive activities.

## 2. General Principles

- All sessions are led by qualified and experienced instructors who are fully qualified, have been DBS checked and hold an up to date first aid certificate.
- Safety is prioritised in all activities, with clear boundaries and supervision.
- All instructors and volunteers are subject to appropriate safeguarding checks.
- The policy is reviewed bi-annually and updated as needed.

## 3. Warm-Ups

Every session begins with a structured warm-up tailored to the planned activities and built on student's individual needs. Warm-ups focus on gradually increasing heart rate and mobilising joints and muscles, especially those used in throws, grappling, and sparring. This helps reduce the risk of injury and prepares the body for physical exertion.

## 4. Training Safety in Ju Jitsu

Ju Jitsu involves techniques such as throws, locks, and controlled strikes. There are therefore risks to every Training session, we will minimise these risks by running controlled sessions that ensure safety:

- All training takes place on suitable matted surfaces, checked before each session. Mats should be in good condition and fit well against each other.
- The training area is kept clear of hard or sharp objects.
- Techniques are taught to the ability and needs of all students. Children and vulnerable adults are not taught techniques that could cause injury, such as joint locks or strangles beyond their developmental capacity.

- Techniques are introduced progressively, in line with a clear progression framework of belts and to a predefined association developed syllabus with close supervision and correction.
- Instructors ensure that students understand the importance of tapping out and respecting their limits and the limits of their partner (Uki).

## **5. Sparring and Competition**

Sparring is conducted under strict supervision and with the following controls:

- Only semi-contact sparring is permitted. Strikes must be controlled, with no follow-through.
- Head contact is strictly prohibited for under-16s.
- All participants must wear appropriate protective gear, including gloves, mouthguards, and headgear (where applicable).
- Sparring partners are matched by age, weight, height, and experience level.
- A qualified instructor is present at all times during sparring and competition.
- First aid is available on-site, and any head injury is treated seriously with immediate cessation of activity and medical referral.
- Mixed-gender sparring is only permitted with mutual consent and appropriate matching.

## **6. Children and Adults at Risk**

Training though challenging to promote development, is adapted to suit the physical and emotional development of students particularly children and vulnerable adults:

- Exercises that place undue stress on developing joints (e.g. knuckle push-ups, heavy bag work) are avoided.
- No live or sharp weapons are used in sessions involving children or vulnerable adults.
- All instructors are trained in safeguarding and understand how to respond to concerns.
- The Association had a Designated Safeguarding Lead (DSL) designated to handle any safeguarding issues and to promote safeguarding throughout the association.

## **7. Weapons Training**

Kyushin Ryu Ju Jitsu Association as a traditional martial art does teach weapons as part of its syllabus both a skill and to foster the traditions of the art. However, weapons will be taught in a safe manner at all times and with the following controls:

- Weapons training is introduced gradually and under close supervision recognising the ability of the students and their needs, if any.
- A clear programme or syllabus will be followed to enhance students' skills in a safe form and in line with expected good practice.

- Training will be carried out in the dojo recognise the space needed for students to learn weapons safely, recognising both the space needed for the weapons but also other students training.
- No live blades are permitted in the Dojo at any time.
- Instructors ensure that all participants understand the rules and responsibilities of weapons training.

## **8. Reporting and Review**

We will record any incidents that take place allowing us to review our safe training and to develop a culture of reflective practice.

- Any incidents or near-misses are recorded and reviewed to improve safety.
- Members are encouraged to report concerns to the Association's Designated Safeguarding Lead (DSL).
- This policy is reviewed bi-annually or following any significant incident.
- Feedback from Association members/parents or carers are welcomed and used to enhance safety practices.

## **9. Code of Conduct**

All instructors, volunteers, and students are expected to adhere to a Code of Conduct that promotes respect, integrity, and safety. This includes treating others with dignity, following instructions, and maintaining appropriate boundaries at all times.

## **10. Whistleblowing**

Kyushin Ryu Ju Jitsu Association supports a culture of openness and accountability. Any concerns about misconduct or unsafe practices can be reported confidentially to the Designated Safeguarding Lead (DSL) or an external agency such as the NSPCC. Whistleblowers will be protected from retaliation.

## **11. Equality, Diversity and Inclusion**

Kyushin Ryu Ju Jitsu Association is committed to providing an inclusive environment free from discrimination. We welcome participants of all backgrounds, abilities, and identities. Discrimination, harassment, or bullying will not be tolerated.

## **12. Risk Assessments and Insurance**

Each club within the Association must conduct regular risk assessments of training venues and activities. All instructors must hold valid public liability insurance and ensure that their cover is appropriate for the activities undertaken.

## **13. Medical Disclosure**

Students are required to complete a medical disclosure form before participating in training. This helps instructors adapt sessions to individual needs and ensure safety. Any changes in medical condition must be reported to the instructor.

#### **14. Digital Safety**

Where digital communication is used (e.g. social media, messaging apps), instructors must maintain professional boundaries. Private messaging with under-18s is not permitted. Online training sessions must be supervised and follow safeguarding protocols.

#### **15. Policy Accessibility and Acknowledgement**

This policy is available on the Association's website and at each club. All instructors and volunteers have confirmed their understanding and commitment to the policy. Parents and carers are encouraged to familiarise themselves with the policy.