



NORTHBROOK JUDO CLUB

MAXIMUM EFFICIENCY MINIMUM EFFORT



HEALTH, SAFETY & WELFARE POLICY

Northbrook Kyu Shin Kai Judo Club recognises its duties and responsibilities for the health, safety and welfare of its members, both adults and children and those who may come into contact with the Club or its activities.

The aim of this policy is to ensure a safe and healthy environment for members to enjoy and progress their sport and to gain benefit therefrom.

This will be achieved by:

- Conducting risk assessments for the activities of the club and implementing all necessary control measures.
- Ensuring all venues have safe access and egress and are clean and in good repair with appropriate facilities.
- Checking and maintaining all equipment to a high standard and removing any equipment found to be defective or worn.
- Ensuring all Judoka have the correct clothing for the sport and that it is correctly worn.
- Making adequate provision for those with disabilities.
- Ensuring all jewellery is removed, nails cut, hair appropriately tied (where applicable) and wounds etc., covered before entering the mat environment.
- Ensuring mats are correctly laid on a good floor surface.
- Ensuring adequate space on the mat or where necessary limiting numbers per session.
- A suitable number of qualified and experienced instructors are available to take each session.
- Close monitoring and supervision of Judoka to ensure the rules of the sport are followed and that rough play is actively discouraged.
- Adequate provision of potable water, First aid materials and First Aiders is always available.
- Judoka being fully instructed on safe play.

A handwritten signature in black ink, appearing to read 'Gary Currier'.

Gary Currier
President

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