

**Judo NSW  
Judo Training Centre  
Safety Policy 2013/2014**

**National Governing Body Affiliation**

Judo Federation of Australia Inc.

**Minimum Qualification / Experience to lead training sessions**

Minimum Rank of Brown Belt and is required to lead any type of training session with a NCAS qualified coach present preferably of a Black Belt rank.

**Club Code of Practice**

The Judo club is a competitive club that has training sessions available every day that include fitness, technical instruction and fight sessions. The club trains in a professional facility set up for the sole purpose of Judo and grappling sports training. The dojo or training area is one of the largest in Sydney with a purpose built sprung floor to limit the impact of throwing techniques and reduce the potential of injuries. The club prides itself on producing technical and conditioned fighters ready for competition. All of our Senior Instructors are of the highest level and all former National Representatives.

**Detailed Risk Assessment**

**Hazard** - Standing Randori (Sparring Standing Up) - The aim is to throw your opponent on their back from a standing position.

**Risk** - Could result in bruising, fractured limbs, fractured ribs, head and or neck injuries, joint sprains and dislocations and soft tissue injuries.

**Control**

- All participant are taught how to fall (break falls) from the first training session. Break Falls are also drilled in every Judo sessions and they are also examined in every grading at all levels from white belt to black belt. The purpose of the break fall technique is take as much of the impact as possible of a throw upon hitting the floor and to ensure the member does not land inappropriately.
- All instructors and senior grades (Brown and Black Belts) at the Training Centre are briefed to give feedback to members on unsafe techniques and or falling techniques when identified.
- High participant numbers during standing Randori / Sparring at once will require the lead instructor to limit the amount of participants doing this at activity at one time. As a guide our assessment for the dojo (training mat size) to significantly limit the amount of risk is 15 pairs of participants at once depending on the size and weight categories of the participants.
- Dangerous Techniques that are difficult to fall from or have a high risk of injury are closely monitored or banned in identified sessions in the Training Centre. These include 'makikomi' wrapping and falling techniques and 'sutemi waza' sacrifice techniques that have high incidence of knee injury. Although these are valid Judo competition techniques we do not allow these in training sessions without close supervision for the longevity and safety of our athletes and participants.

**Hazard** - General Injuries caused from submission techniques

**Risk** – Joint hyperextensions, fractures, strains, brain injuries

**Control**

- All new members are given an induction on each component of Judo to understand what a joint lock is, what a choke or strangles technique is and what a throwing technique is. All participants are shown to tap or submit should there safety be compromised by a submission technique. This will signal to the other participant to immediately cease applying any technique or movement.

**Hazard** - Bleeding on the mat

**Risk** - Disease associated with blood contact

**Control**

- Should any blood be identified on the mat we have available disinfectant wipes available for use to clean up the mat. Should any participant be bleed they are advised to step of the mat and take necessary action to stop bleeding.

**Hazard** - Overexertion/Dehydration/Fatigue

**Risk** - Collapsing, further injury to one's self and others

**Control**

- We have mandatory fluid intake breaks between the session components of warm-up, technical and sparring (randori) to ensure adequate hydration of participants. Participants are encouraged to advise the senior instructor of any injury or fatigue problem during training sessions so that an adequate plan is put in place.

**Hazard** - Collision between participants training and those members not participating or resting on the side of the mat.

**Risk** - Physical injury from a collision to either party

**Control**

- Anyone not participating or resting but on the training area are under strict rules such as
  - Be on one side of the mat
  - Always face the mat area so they are ready to move
  - Always stand during the standing randori (sparing) so they are ready and can move.

**Emergency procedures when an accident or injury occurs**

- The first aid kit and cold packs are available for appropriate injuries.
- The safety officer/instructor will administer appropriate first aid then contact emergency services where applicable.
- In emergency situation the next of kin will be notified as soon as possible and incident report / form will be filled out.
- Should emergency services be required the quickest route will be via the main entrance which is free from obstruction.

**Nearest Hospital**

Concord Hospital

Hospital Rd, Concord 2139

Ph: (02) 9767 5000