

Health and safety policy

This is the statement of general policy and arrangements for: Club name – Home training		
Instructor name - Has overall responsibility for health and safety		
All grades Have the responsibility for ensuring this policy is put into practice		
Statement of general policy	Responsibility of:	Action/Arrangements
Prevent accidents and cases of training-related ill health by managing the health and safety risks at home.	THE NAMED PERSON BELOW	EVALUATE THE RISKS INVOLVED WITH THE TECHNIQUES APPLIED
Provide clear instructions and information, and adequate training, to ensure pupils are competent for their grade.	SIMON CLIBBETT	EXPLAIN TECHNIQUES AND HOW THEY ARE USED
Engage and consult with Students on health and safety, and any other issues that may arise.	SIMON CLIBBETT	ENSURE STUDENTS ARE COMFORTABLE WITHIN THE SURROUNDINGS
Maintain safe training conditions within the home, safety first in everything we do.	THE NAMED PERSON BELOW	BE AWARE OF OBSTRUCTIONS EG FURNITURE WITHIN THE AREA YOU ARE TRAINING
Print name	Signed	Date:

Evacuation Plans	N/A
First-aid box:	BE AWARE OF THE LOCATION OF THIS WITHIN YOUR OWN HOME
Accident book:	ALL INJURIES AND ACCIDENTS MUST BE REPORTED TO
Print Name	Signed Date:

Risk assessment

Club name: – Home training

Date of risk assessment: 2020

HAZZARDS	WHO MAY BE HARMED	CONTROL MEASURES	DO WE NEED ANY FURTHER MEASURES	ACTION REQUIRED	ACTION DATE	RISK FACTOR
UN MATTED FLOORS. (SLIPS TRIPS AND FALLS)	ALL PARTICIPANTS CUTS AND BRUISES	FLOOR SHOULD BE DEVOID OF HAZZARD, CLEAN AND SAFE FOR TRAINING, MAKE SURE THE FLOOR IS NOT SLIPPERY	FLOOR SPACE SHOULD BE LARGE ENOUGH TO ACCOMMODATE THE TRAINING BEING CARRIED OUT	FLOOR CHECKED, PRIOR TO USE	EVERY SESSION	LOW
CHAIRS TABLES, OTHER OBSTUCTIONS	ALL PARTICIPANTS CUTS AND BRUISES	CHAIRS/ TABLES SHOULD BE MOVED, TO A SAFE AREA AWAY FROM THE IMMEDIATE TRAINING AREA	SPECTATORS SHOULD BE SEATED AT A SAFE DISTANCE FROM TRAINING	SPACIAL AWARENESS	EVERY SESSION	LOW
WARM UP	ALL PARTICIPANTS PULLED MUSCLES	WARMING UP SHOULD BE GRADUAL, TO AVOID INJURY	BEGIN WITH JOGGING TO WARM MUSCLES	ENSURE ROUTINE IS ADEQUATE	EVERY SESSION	MED
CLOTHING AND JEWELLERY	ALL PARTICIPANTS LACERATIONS	NO JEWELLERY TO BE WORN DURING TRAINING. IN EXCEPTIONS RINGS CAN BE COVERED WITH TAPE	WHEN NOT WEARING A GI, YOU SHOULD WEAR TRACK SUIT/SHORTS AND TEE SHIRT. NO BUCKLES, BELTS OR HEAVY BUTTONS	REMOVE AT START OF LESSON	EVERY SESSION	LOW
WARM DOWN	ALL PARTICIPANTS PULLING AND CRAMPING OF MUSCLES	AVOID EXERCISES THAT WILL CAUSE CRAMPING	EVALUATE THE INTENSITY OF THE LESSON, AND APPLY WARM DOWN TECHNIQUES ACCORDINGLY	EXTRA STRETCHING OF MUSCLES	EVERY SESSION	MED

Print Name

Signed:

Date: