



MERIDIAN JUDO CLUB

Health & Safety

To ensure adequate health and safety awareness, training should be provided to all members on a regular basis and when a new member joins the club. It is recommended that the following information be briefed to all club members and parents/guardians when joining.

Safety on the Mat

- • Never wear shoes on the mat
- • Come to the training session washed with a clean Gi
- • Watch your space on the mat and if thrown get up quickly to avoid someone falling on you
- • When seated, kneel or sit cross legged. Do not lean on the wall – you may not be able to get out of the way quickly enough

Safety off the Mat

- • Wear shoes at all times when off the mat
- • Always ask permission to leave the mat
- • After using the toilet, wash your hands

Accidents/Incidents

- • Do not come to play Judo if you are not fit enough to train
- • If you come to a training session with an injury, inform the coach at the start of the

session

- • Do the exercises as shown; do what you can and do it well but not to the point of straining
- • If you are hurt, inform the Coach immediately
- • Keep your medical form up to date
- • Have a current BJA license – it is your insurance