



Health and Safety Policy



Our aim is to ensure that all reasonable practical steps are taken to ensure the health, safety and welfare of all persons. To achieve this we will actively work towards the following objectives:

1. To establish and maintain a safe and healthy environment throughout the session.
2. To establish and maintain safe working procedures amongst staff and children.
3. To check equipment before and after use and ensure that equipment is safe for use.
4. To ensure the provision of sufficient information, instruction and supervision to enable all people during the session to avoid hazards and contribute positively to their own safety as and when provided.
5. To formulate effective procedures for use in case of fire and other emergencies.
6. To maintain a safe and healthy place to work with safe access to and from the premises.
7. To follow the regulations of the Health and Safety at Work Act 1974 and any other relevant legislation.
8. No smoking during sessions.
9. No jewellery may be worn.
10. Participants must dress appropriately for each session.
11. All fire exits are clearly marked and free from obstruction.
12. Risk assessments are reviewed periodically.
13. Good ratio of instructors and participants.
14. Staff holding a current first aid certificate to administer first aid. All staff familiarised with a First Aid Box and record any incidents in the accident book.
15. Light contact sparring to be undertaken with consent.
16. Photos will be taken with consent.