



JERSEY WADO RYU – HEALTH AND SAFETY POLICY

OVERVIEW

- It is the policy of the Jersey Wado Ryu (JWR) to ensure, so far as reasonable and possible, the health and safety of all members and instructors engaged in training and competition with the club.
- JWR is affiliated with the Western Karate Union and then in turn part of the English Karate Federation (EKF). This Health and Safety policy within JWR is meant to hold alongside the corresponding WKU and EKF policy, rather than replacing it.
- The club committee is, in collaboration with the Instructors, responsible for ensuring that reasonable steps are taken to provide a safe and healthy environment for its members to train in, including keeping the risk assessment up to date, making all relevant documentation available to club members and responding to any concerns that members may have.
- Every session has to be instructed by a JWR instructor, holding a valid JWR license and being of appropriate grade, to ensure that the required health and safety standards are maintained.
- The club expects that all members will take the initiative with regards to their own and others' safety as detailed in Section 'Membership Responsibilities' below.

MEMBERSHIP RESPONSIBILITIES

- All club members are expected to be familiar with the club's Code of Conduct and the Risk Assessment.
- Every member must hold a valid JWR license when training with or competing for JWR. It is the responsibility of each member to ensure their licence is up to date.
- All club members must wear suitable kit, dependent on the level of training and the particular training needs of individual exercises.
- It is the responsibility of the individual to bring to the attention of the instructor running a particular session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.
- It is considered the duty of all club members to bring to the attention of an instructor or committee member any situation which they believe to be unsafe or any shortcomings they perceive in the club safety arrangements.
- Every training exercise starts and ends with a command of the instructor. No club member must start an exercise until the command is given and has to cease any action immediately when hearing the corresponding instruction.

COMMITTEE RESPONSIBILITIES

- It is the responsibility of the Chief Instructor to ensure that all committee members are aware of their Health and Safety responsibilities and are able to fulfil these responsibilities.
- It is the responsibility of the Chief Instructor to ensure that all necessary club documents, including the club's Safety Policy and Risk Assessment, are available on the club website.
- It is the responsibility of Chief Instructor and club officers, in coordination with the Safety Officer, to keep the club's Risk Assessment up to date.

SAFETY OFFICER RESPONSIBILITIES

- It is the responsibility of the Safety Officer that the committee and/or instructors are aware of and deal with any arising health and safety issue.
- The Safety Officer has to make sure the Risk Assessment is kept up to date, by consulting the Chief Instructor and Instructors / officers.

ACCIDENT PROCEDURE

- Most club training sessions take place at Bel Royal Primary School, where trained instructors and officers are on hand to provide first aid assistance.
- Accidents must be reported to the sitting Instructor at the time and then if appropriate to the Chief Instructor and / or Committee.

INSURANCE

- Holding a valid JWR license insures the corresponding club member for injuries and accidents while training or competing with JWR.
- New members are insured for up to 3 sessions before required to obtain a license.
- JWR cannot accept responsibility for loss of or damage to any personal kit that is brought or left on club premises.