

Safe Practice Policy for Curated Jiu Jitsu

At Curated Jiu Jitsu, the safety and well-being of all our students are our top priority. Our Safe Practice Policy ensures that all students, instructors, and parents understand and adhere to the necessary guidelines for a safe and positive training environment, in line with UK law and safeguarding standards.

1. General Safety Guidelines:

- All instructors are fully qualified, insured, and DBS checked in compliance with UK law. They are trained to deliver age-appropriate sessions that prioritise safety.
- Students must wear proper uniforms (gi) and protective gear as required for the activity. Uniforms must be clean and fit well to prevent injury.
- All jewellery and accessories must be removed before entering the mats to avoid injury to oneself or others.
- All students are required to practise good hygiene. This includes clean uniforms, trimmed nails, and appropriate personal grooming.

2. Submission Techniques:

- **For Students Under 7 Years Old:** We do not teach or practice submission techniques to children under the age of 7, as part of our commitment to safeguarding younger children. Training for this age group focuses on fundamental movement skills, positional control, and safe grappling practices.
- **For Students 7 Years and Older:** Submission techniques are introduced progressively and always under close supervision. These techniques are taught with a focus on control and safety, ensuring students learn how to apply them gently and release them when necessary.

3. Supervision and Instructor Conduct:

- Instructors will ensure that all students are supervised during class times, including during breaks.
- All staff must conduct themselves professionally, ensuring a respectful, inclusive, and supportive environment for all students.
- No instructor or staff member will engage in physical contact that could be deemed inappropriate. Physical demonstrations are kept professional and for training purposes only.

4. Class Structure and Training Environment:

- Classes are divided by age and skill level to ensure that training is appropriate for the students' developmental stage.
- Safety briefings are given at the start of each session, reminding students of the rules and expectations for safe practice.
- Our mats and training areas are inspected daily to ensure they are clean, safe, and free from hazards.

5. Injury Prevention and Response:

- All students will receive instruction on injury prevention, including proper warm-up and cool-down techniques.
- In the event of any injury, instructors will assess the situation and provide appropriate first aid or call for medical assistance as needed. Parents or guardians will be informed immediately in case of injury to a minor.
- All injuries are logged, and appropriate follow-up measures are taken to ensure the student's well-being and safe return to training.

6. Behavioural Expectations:

- Respect for fellow students, instructors, and the training environment is essential. Disruptive or aggressive behaviour will not be tolerated.
- Students must follow the instructor's guidance at all times and train responsibly with their partners to avoid injury.

7. Safeguarding Policy:

- All instructors are trained in safeguarding and will follow strict safeguarding protocols to protect children and vulnerable students.
- We follow UK safeguarding legislation and the best practices outlined by national sporting bodies.

8. Parental Involvement:

- Parents are welcome to observe classes and are encouraged to support their child's safe training journey. Parents are expected to respect the training environment and avoid coaching from the sidelines.

9. Reporting Concerns:

- Any concerns regarding safety, inappropriate conduct, or safeguarding issues should be reported to the Head Instructor immediately, who will handle the situation in line with UK law and safeguarding practices.

This policy ensures that Curated Jiu Jitsu remains a safe and positive space for all students to learn and develop. Regular reviews will be conducted to update practices in line with new safety guidelines and legal requirements.