



## JIU JITSU • MMA • WRESTLING

*"Creating a positive culture and environment for youth and adults to succeed in life."*

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### STUDENT CARE & SAFETY POLICY

The below guidelines are best practice while instructing children and must be adhered to at all times. All incidents must be reported to the head instructor immediately and documented in the accident register.

1. Do not allow a child to be alone with an adult, including instructors;
2. Do not use the changing room at the same time as a child;
3. During kids classes, adults must change clothing in a locked bathroom without any child in it;
4. Do not change clothes in the same areas as children;
5. Foul language or threatening behavior is not tolerated in the gym. All students must be treated equally;
6. When demonstrating techniques or correcting techniques on children, ensure you have the parents permission;
7. Do not tie a child's gi pants, have the parent or guardian do it for them;
8. Do not tie the belts of children over 5 years old. Include belt tying practice during class if necessary and encourage students to practice tying their belts at home, and involve the parents;
9. For all private classes, parents or guardians must be present at all times;
10. Instructors should never be alone with a child under any circumstances;
11. Parents must be encouraged to attend all club activities;
12. Do not allow children to go to the bathroom or changing room together;
13. At the start of every class check finger and toe nails;
14. Talk to the kids and beginner students about training safe and looking after their training partners;
15. Do not teach kids or beginner students dangerous techniques such as leg locks and neck cranks;
16. Restrict sparring to students who are at least white belt two stripes;
17. Any student who has a skin disease such as ringworm or staph infection are not permitted to train until they have been cleared with a doctor's certificate;
18. Any accidents during class must be reported to the head instructor and recorded in the accident register. If the injury is considered mild and can be treated by utilising the first aid kit, then do so immediately. If the injury is considered serious, then call the ambulance 111.