



## **Ippon Judo LONDON**

### **Injury and Accident Policy**

**1. Purpose:** The purpose of this policy is to outline the procedures and guidelines for handling injuries and accidents that occur during judo training sessions, competitions, or club events organised by Ippon Judo LONDON.

**2. Scope:** This policy applies to all members, instructors, volunteers, and participants whilst involved in activities conducted by Ippon Judo LONDON. This excludes observers and travel not administered by Ippon Judo LONDON to/from events.

**3. Injury Prevention:** Standards applied must be in line with the BJA guidelines, syllabus and published recommendations

- a. All participants must undergo a thorough warm-up session before engaging in any judo activities.
- b. Proper techniques and safety guidelines must be emphasised and followed during training sessions.
- c. Adequate supervision by qualified instructors must be ensured at all times.
- d. Correct attire, such as judo gi, gym kits, loose leisure wear, bare feet must be strictly adhered to at all times.

#### **4. Reporting Procedures:**

- a. In the event of an injury or accident, the participant or their partner must report it immediately to the instructor.
- b. The injury report must include details such as the nature of the injury, time and location of the incident, and any immediate treatment provided.
- c. A central log of injuries and associated incidents is maintained by Ippon Judo LONDON.

#### **5. First Aid and Medical Assistance:**

- a. The instructor will be a qualified trained first aider and be equipped with a first aid kit.
- b. The instructor/first aider will provide immediate assistance to the injured participant.
- c. If necessary, emergency medical services will be called to provide further treatment.
- d. Participants requiring medical attention will be accompanied by a parent/guardian or instructor if possible.

#### **6. Accident Investigation:**

- a. If necessary, an investigation will be conducted by the club officials to determine the cause of the accident and identify any preventive measures that can be implemented.
- b. Witness statements, and any other relevant evidence will be collected and reviewed.

**7. Insurance Coverage:**

- a. Ippon Judo LONDON maintains liability insurance coverage to protect its coaches in the event of injuries or accidents.
- b. Participants are encouraged to maintain their own health insurance coverage to supplement any additional expenses.

**8. Return to Training:**

- a. Participants who have been injured are required to obtain medical clearance from a qualified healthcare provider before returning to judo activities.
- b. Modified training programs may be recommended to facilitate the participant's recovery and prevent further injury.

**9. Communication:**

- a. Updates regarding the injured participant's recovery progress will be communicated to the individual, their parent/guardian (if applicable), and other relevant parties.
- b. Any changes or updates to the injury and accident policy will be communicated to all members and stakeholders.

**10. Compliance:** All members, instructors, volunteers, and participants are expected to comply with this policy and cooperate fully with club officials in the event of an injury or accident.

**11. Review and Revision:** This policy will be reviewed regularly and revised as necessary to ensure its effectiveness and relevance to the needs of Ippon Judo LONDON and its members.

By participating in activities organised by Ippon Judo LONDON, all members, instructors, volunteers, and participants agree to adhere to the terms and guidelines outlined in this injury and accident policy.