

JUDO

Introduction

Through demonstration and practise of simple falls and techniques.

Supervision

Minimum standard of qualification: British Judo Association Coaching Award and holding current British Judo Association licence.

Recommended ratio of staff to pupil's 1:20.

Recommended ratio of mat area per pupil 1:2m²

Equipment

Judo mats BS1892 Section 2.10, judo jackets, belts.

Safety Procedures

A qualified coach should always be in attendance.

The coach should be aware of any medical conditions.

Mats should be of good quality with a sound surface.

Mats should not move, leaving gaps.

Sharp corners, radiators, etc, should be padded.

There should not be too many people in the area surrounding the mat.

Ceiling height should be sufficient to avoid the danger of accident during a throw.

No horseplay should be allowed.

No hard objects should be worn on the mat by anyone, including the coach.

Jewellery and shoes should be removed and hair should be tied back.

No sweets or gum may be eaten on the mat.

Everyone should warm up thorough before practising judo.