



The British Judo Association is the recognised National Governing Body for the sport of judo in the United Kingdom. The primary activities of the Association are to manage, promote, control, regulate and develop the sport of judo.

The sport is delivered through coaching and training sessions, gradings, competitions, seminars, meetings, forums and other channels. It is impossible to produce a single Health and Safety policy that can accommodate all of these different localised environments. Therefore, we need everyone to assist in the process.

As the control body we have set numerous minimum standards and guidelines that need to be adhered to when delivering the sport of judo.

The purpose of this guidance sheet is to provide all of the relevant information you will need to draft a venue and event specific H&S policy.

There are many applicable documents that are available on the BJA website and also in hard copy upon request. We believe that with this reference documentation and the basic minimum standards that a comprehensive policy can be prepared.

Minimum Standards:

- Minimum Coaching Qualification Levels – http://www.britishjudo.org.uk/technical/technical_home.php
- Ratio of Supervision** – 1 supervisor per 20 students in a club environment and up to 30 students in a school environment.

For the purpose of this document judo performed in a school environment is defined as judo delivered as part of the schools curriculum or in a school approved breakfast, lunchtime or after school club held on the schools premises.

** The above is the judo supervision ratios however clubs/coaches also need to remember that there are minimum general supervision ratios, which must also be followed. The NSPCC Child Protection in Sport Unit website has the latest guidelines www.thecpsu.org.uk

- Mat Standards – Mats must comply with EN12503-3: 2001. The tatami must be firm under foot and have adequate shock absorbing properties. We recommend 230 kg per cubic metre density for club and competition environments. Mat surfaces must not be torn or tattered and should have a strong base to ensure they do not slide during activities.
- Mat Spacing Standards – depending on the type of activity and intensity for practice or randori there should be adequate spacing to ensure there is a safe area in which to participate. Recommended ratio of mat area per pupil 1:2m²



Policy Documents:

- BJA Coaching Code of Ethics Document – www.britishjudo.org.uk/technical/technical_home.php
- BJA Child Protection Policy www.britishjudo.org.uk/policy/childprotection/procedures.php
- Please note that from September 2007 all Child Protection and Equity resources will be at the following URL www.britishjudo.org.uk/SafeLandings
- Equality Statement – www.britishjudo.org.uk/policy/equity_policy.php
- Competition Handbook www.britishjudo.org.uk/competitions/guidancedocs.php

In order to complete a Health & Safety policy a risk assessment must be undertaken for the specific venue and event. A simple risk assessment template can be found at

- www.britishjudo.org.uk/development/ResourcesPage.php

Once the risk assessment has been completed it should be possible for a localised H&S policy to be developed, utilising the policy documentation and minimum standards as outlined above.

We hope you will find this reference document useful and hope to work closely with you in the future to ensure your dojo provides a safe and pleasant environment within which to enjoy this great sport.