

SETU AIKIDO CLUB

DRAFT SAFETY STATEMENT

Draft for review and adoption by the Club and relevant SETU authorities

SETU Aikido Club is committed to providing a safe, controlled and respectful environment for the practice of Aikido. Training will follow the principles and technical standards of Aikikai Aikido, with particular attention to safe and progressive practice.

Aikido is a physical martial art involving movement, falling and rolling techniques (ukemi), joint controls, throws, different grips and attacks, and partner practice. The Club recognises that these activities carry an inherent risk of injury. These risks will be managed through appropriate instruction, progressive training and responsible behaviour by all participants.

Training will be conducted by a suitably experienced and competent Aikido instructor. Beginners will be introduced gradually to basic posture, movement, balance and safe falling techniques before progressing to more demanding techniques. Members will not be expected to perform techniques beyond their level of experience or physical ability.

Safety Principles

- Training will take place on appropriate martial-arts mats and in a suitable training space.
- Mats and the training area will be checked before practice and kept free from hazards.
- Each session will include an appropriate warm-up and progressive preparation for practice.
- Beginners will receive specific instruction in ukemi (safe falling and rolling).
- Throws, joint controls and immobilisation techniques will be practised in a controlled manner and adapted to the experience of the participants.
- Partners must immediately release a technique when their training partner taps, signals or asks them to stop.
- Excessive force, competitive behaviour, deliberate resistance that creates an unnecessary risk of injury, or reckless practice will not be permitted.
- Members are expected to inform the instructor of any injury or physical limitation relevant to their participation and to stop training if they become injured or unwell.
- Jewellery, watches and other items that could cause injury must be removed before training.
- Fingernails and toenails should be kept appropriately short and good personal hygiene observed for safe partner practice.
- No participant may train while under the influence of alcohol or recreational drugs.
- Any weapons practice, if introduced, will use appropriate Aikido training weapons and will only take place under direct instructor supervision with adequate spacing and safety controls.
- Any accident, injury or safety concern will be reported and managed in accordance with relevant SETU procedures.

The Instructor has the authority to stop an activity or require an individual to discontinue training where they consider that the activity, behaviour or condition of a participant presents an unacceptable risk.

The Club will comply with relevant SETU health and safety, emergency, first-aid, insurance and incident-reporting procedures and will review its safety arrangements when activities, facilities or training requirements change.

Indicative Risk Assessment

Hazard / Activity	Potential Risk	Control Measures	Residual Risk
Falls, rolls and throws	Sprains, strains, impact injuries	Progressive ukemi instruction; suitable mats; controlled throws; techniques matched to experience.	Low-Medium
Joint controls and immobilisations	Joint or soft-tissue injury	Controlled application; immediate release on tap/signal; no excessive force; instructor supervision.	Low-Medium
Partner practice and movement	Collision with another participant or obstacle	Adequate spacing; clear mat area; controlled movement; participant numbers appropriate to available space.	Low
Mat and training area	Trips, slips or impact with surrounding objects	Pre-session inspection; mats correctly positioned; hazards removed; access routes kept clear.	Low
Existing injury or physical limitation	Aggravation of an injury or medical issue	Members encouraged to advise instructor of relevant limitations; techniques adapted; participant stops if injured or unwell.	Low-Medium
Training weapons, if introduced	Impact or collision injury	Only appropriate Aikido training weapons; direct instructor supervision; controlled exercises; adequate spacing.	Low-Medium
Emergency / injury during session	Delay in appropriate assistance	Follow SETU emergency, first-aid and incident-reporting procedures; access routes kept clear.	Low

Draft Status and Review

This Safety Statement is a draft and will be reviewed and amended as necessary in consultation with the relevant SETU Clubs & Societies/Sports and Health & Safety requirements before formal adoption.

Date of adoption:	
Chairperson:	
Club Instructor / Technical Adviser:	
Next review date:	