



JUDO

Safety Guide

Sports Recreation

6

Key Benefits

35

Control Measures

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Checklist Items

KEY BENEFITS

Muscular Strength

Enhances muscular strength and endurance through throws and grappling techniques.

Balance & Coordination

Improves balance and coordination essential for effective execution of techniques.

Discipline & Focus

Develops discipline and mental focus required for mastering judo principles.

Cardiovascular Fitness

Boosts cardiovascular fitness and stamina with continuous active participation.

Flexibility

Increases flexibility and range of motion through dynamic movements and holds.

Mental Resilience

Supports mental resilience and stress management through structured training and sparring.

KEY HAZARDS & CONTROL MEASURES

Falls During Throws

- ✓ Provide training on proper throwing techniques and safe landing (ukemi) mats with adequate padding
- ✓ Supervise throws closely
- ✓ Encourage controlled practice with partners of appropriate skill levels

Poor Breakfall Technique

- ✓ Teach and practice proper breakfall (ukemi) techniques
- ✓ Incorporate drills focused on safe landing
- ✓ Use supervision during practice

Groundwork

- ✓ Provide comprehensive training on safe groundwork techniques
- ✓ Supervise groundwork sessions to ensure correct execution
- ✓ Use padded mats to minimize impact

Incorrect Application of Submission Techniques

- ✓ Provide detailed instruction on safe application and release of submission holds
- ✓ Educate participants on recognizing the limits of their partners
- ✓ Use controlled drills to practice submissions under supervision
- ✓ Encourage tapping out to prevent overexertion

Head Injuries from Falls

- ✓ Mandate the use of headgear during training and competition
- ✓ Supervise practices to ensure adherence to safety protocols
- ✓ Provide training on safe falling techniques

Collisions Between Participants

- ✓ Implement clear rules regarding spacing and engagement
- ✓ Educate participants on maintaining awareness of their surroundings
- ✓ Use controlled drills to practice movements safely

Infectious Diseases

- ✓ Enforce strict hygiene protocols including regular mat cleaning and encourage participants to shower and change into clean gear after training
- ✓ Provide access to hand sanitizers and disinfectants

Slippery Mats from Sweat or Condensation

- ✓ Implement regular mat cleaning and drying protocols
- ✓ Encourage the use of sweat-absorbing attire
- ✓ Provide grip-enhancing products like chalk or grip sprays

Gripping

- ✓ Teach proper grip techniques to distribute stress evenly
- ✓ Encourage the use of grip aids such as chalk
- ✓ Provide hand-strengthening exercises as part of the training regimen
- ✓ Rotate grip positions to reduce strain

Safeguarding

- ✓ Implement a comprehensive safeguarding policy and ensure all staff are trained
- ✓ Conduct background checks on instructors and volunteers
- ✓ Establish clear reporting procedures for any concerns
- ✓ Maintain appropriate supervision ratios and never leave minors unattended
- ✓ Educate participants on their rights and who to contact if they feel unsafe

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Venue & Equipment

- Mats clean, dry, and properly secured
- Adequate safety zone around mat edge
- Wall padding in place (if applicable)
- Emergency exits clear
- No gaps between mats
- Training area clear of obstacles
- First aid kit accessible and stocked

Participants

- All wearing clean, appropriate judogi
- Fingernails and toenails trimmed short
- Any injuries/health issues declared
- Membership and insurance valid
- No jewellery, watches, or piercings
- Long hair tied back securely
- No visible skin infections

Supervision & Documentation

- Qualified coach(es) present
- First aider identified and present
- Session plan appropriate for participants
- Appropriate coach-to-participant ratio
- Attendance register completed



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