

Jin Sei Ryu Karate-Do – Safety and Risk Management Policy

Last Updated: 20 July 2025

Our Commitment to Safety

At Jin Sei Ryu Karate-Do, the safety and wellbeing of all students, instructors, and members is of paramount importance. Our training is designed to be rigorous, purposeful, and aligned with our values of respect, discipline, and self-improvement. In recognition of the physical demands and potential risks associated with martial arts training, we are committed to maintaining a safe, inclusive, and supportive environment for all.

1. Risk Management and Prevention

- All training activities are supervised by qualified instructors.
- Training areas are maintained to be free of hazards and equipped with first aid supplies.
- Sparring and contact-based activities are carefully monitored, with safety gear required for all sparring activities.
- Students must inform instructors of any pre-existing injuries or medical conditions and are encouraged to report any discomfort or concerns immediately.

2. Head Injury and Concussion Protocol

Following national guidelines and coronial recommendations, we have implemented a Head Injury and Concussion Protocol:

- Any student who sustains a knock to the head during training will be immediately removed from training for assessment.
- Signs of concussion (dizziness, confusion, nausea, etc.) will result in the student being sent home and referred for medical evaluation.
- Students diagnosed with concussion may not return to training without written clearance from a medical professional.
- All incidents involving potential head injury will be documented and reviewed.

3. Grading and Assessment Safety

- All grading events are supervised by a panel of senior instructors and include instructors who are trained in first aid on-site.
- Clear rules and expectations regarding sparring and physical contact are communicated to all participants before grading begins.
- Sparring during gradings will follow structured protocols, with safety gear required for all participants.

- Any students who have stated modifications for age, experience, or physical ability will have specific senior instructors assigned to observe and monitor their physical condition throughout grading-related sparring activities.
- Students demonstrating signs of fatigue, distress, or injury will be stopped and supported.

4. Emergency Procedures

- Emergency response procedures are in place and rehearsed regularly.
- Some of our instructors are trained in (or are undergoing training) in first aid and CPR.
- Emergency contact information for all students is maintained and readily accessible during all training sessions and events.

5. Continuous Improvement

- All safety incidents are reviewed by dojo leadership to identify areas for improvement.
- Feedback from students, families, and instructors is welcomed and used to enhance our safety protocols.
- Jin Sei Ryu Karate-Do will continue to work with our Health and Special Needs Advocate and Student Protection Officers to ensure our practices reflect current best practice in martial arts training and student care.

6. Respecting All Participants

- We are committed to providing an inclusive and supportive environment for students of all abilities.
- Individual needs and accommodations are considered during training and grading.
- Our instructors are trained to recognize and respond to signs of physical or emotional distress and will intervene appropriately.

For questions or concerns regarding this policy, please contact our Student Protection Officers. We are here to support every student's journey in a safe and respectful environment.