



# Evolutionary Martial Arts

## Health and Safety Policy

### Our Commitment

At Evolutionary Martial Arts (EMA), we are committed to providing a safe, healthy, and supportive environment for all practitioners. We recognise that martial arts training involves inherent risks. However, we are dedicated to managing these risks through evidence-based practice, thorough planning, and a culture of mutual respect and individual responsibility.

### 1. Responsibility

- **Instructor Responsibility:** The instructor in charge of a session assumes ultimate responsibility for the health and safety of all members during training sessions. This includes conducting thorough risk assessments, maintaining safe facilities, and ensuring all instructors and team members are adequately trained.
- **Member Responsibility:** All practitioners are expected to take responsibility for their own safety and the safety of their training partners. This includes adhering to the EMA Code of Conduct, disclosing medical conditions, and following all safety instructions provided by the instructors.

### 2. Risk Management and Assessment

- **Ongoing Assessment:** All activities are subject to dynamic risk assessment. We maintain a **General Risk Assessment** which is reviewed annually or following any significant incident.
- **Individual Adaptations:** We recognise that all practitioners are individuals. We provide **Individual Training Plans** are also put in place where necessary to ensure that members with specific health concerns can train safely and inclusively.
- **Pre-Session Checks:** Instructors perform a mandatory visual inspection of the training area before every session to identify potential hazards such as flooring issues, equipment defects, or environmental concerns.

### 3. Training Standards and Safety Protocols

- **Differentiated Intensity:** To manage the risk of injury, we operate a strict protocol of differentiated intensity for sparring and drills, ranging from low-impact technical flow to advanced free sparring, as detailed in the General Risk Assessment.
- **Hygiene and Infection Control:** To prevent the transmission of infectious diseases, we require high standards of personal hygiene, clean training kit, and the regular disinfection of shared equipment.
- **Manual Handling:** All team members are trained in the safe handling of heavy equipment and the correct, supervised use of storage access tools (such as stepladders).
- **Environmental Management:** We monitor the training environment closely. In cases of excessive heat or cold, we regulate training intensity, increase rest periods, and ensure proper ventilation as appropriate.

### 4. Emergency Procedures

- **First Aid:** We adhere to our **First Aid Policy**, ensuring that trained instructors are on-site and that both venue-provided and instructor-carried first aid equipment is available.



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- **Communication:** Instructors keep charged mobile telephones accessible at all times to contact emergency services if required.
- **Emergency Contact:** We maintain a secure, up-to-date record of emergency contact details and critical medical information for all members, which is kept on-site during every session.

## **5. Incident Reporting and Training Review**

- **Reporting:** All members are responsible for reporting any injuries, accidents, near-misses or health and safety issues to the instructor in charge immediately.
- **Incident Log:** All injuries, accidents, or near-misses must be documented in the **EMA Incident Log**.
- **Continual Improvement:** We review our incident records periodically to identify trends and adjust our training methods or risk management protocols accordingly.

## **6. Revision and Policy Review:**

Our policies are subject to continual regular revision and review. If there is an error or omission in this policy, or you have a suggestion to make regarding it or any other aspect of our policies and procedures, please do not hesitate to contact any member of our team and we will look into it as a matter of priority.

