



Cambridge University Judo Club Safety Policy

1. Overview

- a. It is the policy of the Cambridge University Judo Club (CUJC) to ensure, so far as reasonably possible, the health and safety of all players and coaches engaged in training and competition with the club.
- b. CUJC is affiliated with the British Judo Association (BJA) of British Judo Association Head Office, University of Wolverhampton, Walsall Campus, Gorway Road, Walsall, WS1 3BD
- c. The club committee is responsible for ensuring that reasonable steps are taken to provide a safe and healthy environment for its members to train in, including regularly reviewing risk assessments, making all relevant documentation available to club members and responding to any concerns that members may have.
- d. It is expected that a member of the committee or a suitably appointed representative be at each club session to ensure that the required health and safety standards are maintained.
- e. The club expects that all members will take the initiative with regards to their own and others' safety.

2. Committee Responsibilities

- a. The President is responsible for all Health and Safety matters of the Club, thus acting as the Club's Safety and Equipment Officer. The President takes up the responsibility by signing the Club's Risk assessment and the Safety Policy.
- b. It is the responsibility of the President to update the CUJC Risk Assessment and Safety Policy annually, prior to its submission to the Sports Service as part of the registration process with the University.
- c. It is the responsibility of the President to ensure that all committee members are aware of their Health and Safety responsibilities as pointed out in the Club's Safety Policy and Risk assessment in order to fulfil these responsibilities.
- d. It is the responsibility of all committee members present at a session to ensure that
 - i. the mat area is safe and in usable condition.
 - ii. accidents, injuries and near misses are reported to the President who is responsible for reporting these to the University Sport Service by using the Moodle platform.

3. Member Responsibilities

- a. All club members are expected to be familiar with the club's Code of Conduct.
- b. All club members must wear suitable kit for training. All kit must meet the standards as detailed by the BJA.



- c. It is the responsibility of the individual to bring to the attention of a coach or committee member running a particular session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.
- d. It is considered the duty of all club members to bring to the attention of a committee member any situation which they believe to be unsafe or any shortcomings they perceive in the club safety arrangements.
- e. No match may begin until 'Hajime' has been called by the coach or lead member on the mat, and a match must cease as soon as 'Mate' is called or the player has identified that the opponent is unable to carry on. If a submission is given in the recognised way, the match must cease immediately.
- f. Players must stay in the assigned area of the contest or in a reasonable amount of space if several pairs are on the mat at the same time, keeping aware of others on the mat.
- g. It is the responsibility of all club members to ensure that their personal kit is in suitable condition and standards of cleanliness for training. See appendix A for details.
- h. It is the responsibility of all club members to adhere to the Sports Centre's Fire Safety procedure.

4. Accident Procedure

- a. Club training usually takes place at the University Sports Centre, where staff will be on hand to provide first aid cover.
- b. Accidents at the University Sports Centre must be reported to staff at the University Sports Centre reception and will be managed appropriately from there.
- c. Coaches are trained in First Aid and will be on hand to help if an accident occurs outside of the Sports Centre. The venue's accident reporting procedures will be followed.
- d. See appendix B for the Minor Head Injury Protocol.
- e. First Aiders are present at all Judo competitions and will be on hand to provide first aid cover.

5. Insurance

- a. Affiliation with the BJA provides the club and its committee with Public Liability Insurance.
- b. Affiliation with the BJA provides club members attending the club's beginner courses with Public Liability Insurance for the first 2 sessions attended, subject to the requirements specified by the BJA.
- c. All club members must become members of the BJA to ensure they are covered by the BJA's Sports Accident Policy and Liability Policy.
- d. The club contracts coaches on a voluntary basis and requires them to ensure they have up-to-date membership of the BJA and coaching licences, which include insurance and PVG checks.



- e. All club equipment is stored at the University Sports Centre and is covered by the Sports Centre's insurance. Neither the club nor the University Sports Centre can accept responsibility for loss of or damage to any personal kit that is stored on the Sports Centre's premises.

Appendix A: **Cleanliness Guidelines**

- i. Judo clothing should be washed with detergent at 60 degrees (or as per manufacturer's instructions) before and after each session.
- ii. Clothing, footwear, training bags, water bottles etc. must be cleaned per government guidelines relating to the coronavirus pandemic.
- iii. It is advised to wear a rash guard and leggings under judogi to limit sweat transmission.
- iv. Shower or as a minimum ensure that you are clean and have washed hands before travelling to training.
- v. Whilst changing room use is limited, travel to and from training in judogi (covered by tracksuit).
- vi. A player using club-owned kit is responsible for washing it.

Appendix B: **Minor Head Injury Protocol**

CUJC takes the health and safety of its members seriously and follows the British Judo Association (BJA) protocols in the event of a minor head injury or Shime-waza resulting in unconsciousness and/or concussion in the club or training environment (British Judo Association, 2018).

Following the injury, if the person is awake (conscious), and there is no deep cut or severe head damage, it is unusual for there to be any damage to the brain. However, sometimes a knock to the head can be more serious and may result in unconsciousness and/or concussion, in which case the following protocols should be adhered to.

1. Unconsciousness may result from the *application of a Shime-waza (strangulation technique)* if the player fails to submit.
2. Unconsciousness may result from a direct blow to the head, face, neck, or elsewhere on the body where an impulse force is transmitted through to the head and may result in the player being concussed (see information on concussion).
3. Concussion can occur without the player being knocked out and losing consciousness – it should always be considered a possibility and be taken seriously.

CUJC encourages people who have any concerns following a head injury to themselves or to another person, regardless of the injury severity, to seek immediate medical advice.



Second Impact Syndrome: Second Impact Syndrome (SIS) is a very serious condition in which a second concussion occurs before the first has properly healed, causing rapid and severe brain swelling. SIS can result from even a very mild concussion that occurs days or weeks after the initial concussion and can have catastrophic results. By following the above protocols, the risk of SIS will be greatly reduced.

Concussions: Concussions result from many types of incidents, but unique issues arise from sports-related concussions because decisions need to be made about safe return to practice and competition after a period of recovery.

This “invisible” injury disrupts the brain’s normal physiology which can affect mental stamina and function, causing the brain to work longer and harder to complete even simple tasks. A concussion may involve loss of consciousness (being “knocked out”), but the majority do not. Ultimately, **all** concussions are serious because they are brain injuries.

Typical symptoms are:

- Headache
- Nausea/vomiting
- Dizziness
- Unsteadiness/loss of balance and poor coordination
- Confusion
- Feeling stunned/dazed
- Seeing stars or flashing lights
- Ringing in the ears
- Double vision

Typical signs are:

- Loss of consciousness/impaired consciousness
- Fits/seizures
- Slowness at answering questions/following instructions
- Easily distracted/unable to concentrate on tasks
- Displaying inappropriate emotions (e.g. laughing, crying)
- Slurred speech
- Personality changes
- Decreased fighting ability



If a player displays any of the above symptoms or signs, then concussion should be considered. Any player **suspected** of having concussion must be treated as though they are concussed, withdrawn from a competition or training immediately and assessed by a doctor or physiotherapist.

In the event of a blow causing unconsciousness/concussion:

1. The player must be immediately withdrawn from training.
2. It is recommended that the player be sent to the local Accident and Emergency (A&E) department on the day of the incident for medical assessment and follow up even if they appear alright post incident.
3. Complete physical and mental rest for 7-10 days following the incident is mandatory.
4. This period of rest should be followed by a graduated return to training over the period of the following 14 days (NHS guidelines state that contact sports should be avoided for at least 3 weeks).
5. It is highly recommended that the player be re-assessed by a competent medical professional before restarting training.
6. An incident report form must be completed.

NHS advice (NHS, 2018) states that the player should go to A&E if they have:

- Been knocked unconscious but have woken up.
- Been vomiting since the injury.
- A headache that does not go away with painkillers.
- A change in behaviour, like being more irritable.
- Problems with memory.
- A blood clotting disorder (e.g. haemophilia) or take blood thinners (e.g. warfarin).
- Had brain surgery in the past.

999 should be called if the player has:

- Been knocked unconscious and has **not** woken up.
- Difficulty staying awake or keeping their eyes open.
- A fit (seizure).
- Problems with their vision.
- Clear fluid coming from their ears or nose.
- Bleeding from their ears or bruising behind their ears.



- Numbness or weakness in part of their body.
- Problems with walking, balance, understanding, speaking, or writing.

In the event of Shime-waza (Strangulation technique) causing unconsciousness:

1. In the event of a player becoming unconscious because of a **Shime-waza (Strangulation technique)** it is recommended that the player does not take part in further judo/judo related training that day.
2. It is recommended that the player be sent to the local A&E department on the day of the incident for medical assessment and follow up even if they appear alright post incident.
3. An incident report form must be completed.

Graduated Return to Judo:

The return to training follows a stepwise process which **must** be followed. This should be conducted over a period of 2 weeks, with a minimum of 24 hours between each step.

With this stepwise progression, the player should continue to the next step only if they display no symptoms at the current level. If the symptoms/signs occur at the next step, the player should drop back to the previous step and try to progress again after 24 hours.

1. **No Activity:** complete physical and cognitive rest for 7-10 days or until the player shows no symptoms.
2. **Light Aerobic Exercise:** walking, swimming, or stationary cycling for example, at an intensity of less than 70% max heart rate.
3. **Sport Specific Drills:** running drills involving changes of direction, agility training, Tsugi-ashi, Tai-sabaki, and Uchi-komi with 'therabands' for example.
4. **Contact Training Drills:** including progressive Uchi-komi, Nage-komi, and Kumi-kata drills, combinations, and transitions.
5. **Full Training:** including Randori and full strength and conditioning training.
6. **Full Return to Judo:** full competition training and competition.

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CUJC President 2022/23
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