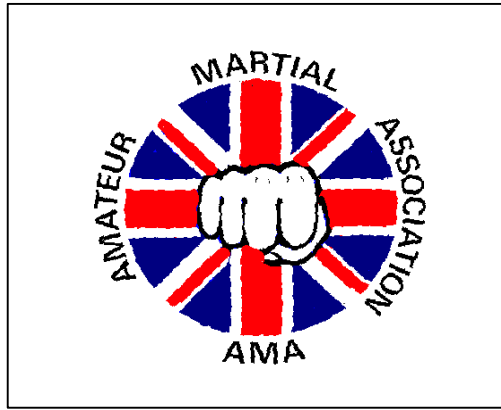




Amateur Martial Association

Health and Safety Policy

Reviewed 24/03/2026

Introduction

The Amateur Martial Association (A.M.A.) is the largest multi-style association of martial arts in the U.K. It provides and arranges a range of associated activities including training and coaching courses to support the practice and development of martial arts. It is affiliated to a number of national and international organisations. This health and safety policy is the responsibility of the Directors and Executive Board of the A.M.A.

Its purposes include the promotion of sport and the practice of martial arts as well as to provide codes of safety for the well-being of all its members. The Health and Safety at Work Act 1974 relates to employers and those self-employed and their responsibility not only to employees but all those with whom they come into contact within the ambit of martial arts sports. Whilst organisations with fewer than five employees do not require a written health and safety policy, the A.M.A. recognises it is good practice to have one.

This policy sets out the following:

- ❖ Health and Safety policy statement
- ❖ Responsibilities
- ❖ Risk assessment
- ❖ First aid and accidents
- ❖ Where can I find more information?

Health and Safety Policy Statement

This document sets out how the Amateur Martial Association (A.M.A.) will manage its health and safety responsibilities. Our general health and safety policy is to assist all martial art instructors to:

- ❖ Provide adequate health and safety controls arising from all martial arts related activities.
- ❖ Identify associated risks.
- ❖ Maintain safe environments in which to practice martial arts.
- ❖ Prevent accidents and harm to participants where reasonably possible to do so.

This document also provides a reference point for instructors and students for health and safety related advice and guidance.

This document will be reviewed and revised at regular intervals as necessary.

Signed by:

Health and Safety Officer on behalf of the A.M.A. Directors and Executive Board

Date signed:

Proposed review date:

Responsibilities

The Health and Safety at Work Act 1974 sets out related responsibilities which is summarised below.

Responsibilities of the A.M.A.

The A.M.A. has responsibility to ensure that all club instructors are aware of their responsibilities related to health and safety matters to ensure the safe practice of martial arts. The A.M.A. has produced this policy as a guide to aid all club instructors of the nature and extent of their responsibilities and where this end. It is intended to be informative and helpful, not restrictive, or onerous.

The A.M.A. also provides club instructors with a focus point for queries. This is the health and safety officer who can be contacted through the A.M.A. office: office@amauk.org or phone on 0161 7635599.

Responsibilities of club instructors

Club instructors should ensure they are aware of their health and safety related responsibilities towards their own welfare and well-being and those of their students. Where more detail is required, guidance is available on the following websites:

- ❖ The Sport and Recreation Alliance who developed guidelines in May 2014, at, <http://www.sportandrecreation.org.uk/news/14-05-2014/health-and-safety-guidance-sports-clubs-launched>
- ❖ The Health and Safety Executive who have issued guidance for amateur sports clubs at: <http://www.hse.gov.uk/entertainment/leisure/amateur-sports-club.htm>

Club instructors must have completed the A.M.A. instructors' course. Each instructor must attend every two years which covers, amongst other matters, health and safety issues. They must ensure they have adequate training related to all martial arts activities including, but not restricted to, the following: qualifications and certification in coaching, first aid certificates and training, and child protection-related training. They must

also ensure they have adequate and up to date A.M.A. indemnity insurance.

Club instructors who own or manage training facilities are responsible for ensuring its safety; instructors who hire facilities share responsibility with the owner or manager, having a duty to report concerns as they arise.

Club instructors are responsible for ensuring their students are aware of any health and safety risks as well as the general duty of care shared by everyone involved.

Club instructors are responsible for supervising assistant instructors.

Responsibilities of martial arts students

Martial arts students have a general duty of care to themselves and others around them. They should be aware of potential risks and hazards and report these to their club instructor in a timely manner.

Students have a duty to co-operate with club instructors and other students to maintain the overall well-being of all students.

Students should not interfere with anything designed to safeguard their own or others' health and safety.

Risk Assessment

Assessment of risk lies at the core of identifying and managing health and safety issues. Risk assessment covers all areas associated with the practice of martial arts including the environment, any equipment used and students' and others' behavior.

It isn't necessary to complete a risk assessment prior to every session. An initial risk assessment should be conducted when commencing training in a new environment; it isn't necessary to physically record this although it is good practice to do so and store records with other club-related documents.

Risk assessments should otherwise be conducted annually. On the following page is an example risk assessment checklist taken from the Health and Safety Executive's website. This is broad and covers all aspects, including arrival at, and entrance to, training of students through to changing and training facilities.

Any risks identified should be recorded, with action taken to alleviate them, again such action being recorded including who was told what, when and an agreed course of action with a review date.

A risk assessment should be repeated where there have been significant changes in the environment, where a new environment is being used or where a clear hazard has appeared.

Sample risk assessment checklist

Entry and exit

- ❖ Is the car park suitably maintained, easily accessible, clearly marked and well lit? Can emergency vehicles gain access if required?
- ❖ Are ramps, stairways, and paths free from clutter, suitably lit and accessible? Are they adequately maintained?

Moving around the building

- ❖ Are internal routes well lit, clear from clutter and accessible?
- ❖ Is there adequate lighting in used areas?
- ❖ Are permanent fixtures in good condition?
- ❖ Are internal fittings (e.g. carpets) in good order and safely fitted?
- ❖ If there is glass, is this safety material?
- ❖ Do stairs have handrails?

Electrical equipment

- ❖ If there is electrical equipment, has this been correctly installed? Are regular inspections arranged by a suitably qualified technician?
- ❖ If there is portable electrical equipment, has this been visually checked?

Gas appliances

- ❖ Gas appliances must also have been appropriately installed and be subject to periodic agreed testing by a qualified engineer.

Asbestos

- ❖ Is there any indication of asbestos? If so, seek suitable advice.

First aid and accidents

All care must be taken to identify potential risks and take reasonable steps to manage these to prevent accidents wherever possible.

All instructors should have first aid training as per A.M.A. policy. All clubs should have a suitable qualified first aider accessible for all training sessions. A first aid kit must be available.

It is good practice to record all accidents within an accident log to include the date, the environment or situation where the accident occurred, the nature of injuries sustained and to whom, and what action was taken. The latter relates both to immediate care of anybody injured as well as action to prevent this happening again, where possible.

Where can I find more information?

You may find the following web pages useful in relation to additional or more detailed health and safety-related information and martial arts:

- ❖ For more information on the A.M.A. organisation, its policies, training, and coaching courses: www.amauk.org
- ❖ For more information published by Sport and Recreation Alliance: <http://www.sportandrecreation.org.uk/news/14-05-2014/health-and-safety-guidance-sports-clubs-launched>
- ❖ For information published by the Health and Safety Executive: <http://www.hse.gov.uk/entertainment/leisure/amateur-sports-club.htm>
- ❖ Information by Living Sport: <http://www.livingsport.co.uk/safe-sport/for-sports-clubs-organisations/policies-procedures>
- ❖ Sports Wales: <http://sport.wales/community-sport/clubs/safety--welfare.aspx>
- ❖ HSE Scotland: <http://www.hse.gov.uk/scotland>