

# Praetorian MMA Health & Safety Policy

## Introduction:

At **Praetorian MMA**, the health, safety, and wellbeing of our members, instructors, and visitors is our top priority. We are committed to maintaining a safe training environment that minimises risks and ensures compliance with all relevant UK health and safety laws, including the **Health and Safety at Work Act 1974** and the **Management of Health and Safety at Work Regulations 1999**.

This policy applies to all club activities, instructors, students, parents/guardians, and visitors. It is reviewed annually to ensure ongoing compliance and improvements in health and safety standards.

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## 1. Health & Safety Responsibilities

All individuals at **Praetorian MMA** share responsibility for health and safety. Specific responsibilities are outlined below:

### 1.1 Club Management Responsibilities

- Ensure compliance with health and safety legislation.
- Provide a safe training environment, free from hazards.
- Conduct risk assessments for all club activities.
- Ensure all instructors and staff are trained in health and safety procedures.
- Maintain appropriate first aid provisions, including first aid kits and trained first aiders.
- Ensure clear emergency procedures are in place and communicated.

### 1.2 Instructor Responsibilities

- Ensure all training sessions are conducted safely and in accordance with best practice.
- Identify and mitigate any potential hazards before and during training.
- Ensure students warm up and cool down properly to reduce the risk of injury.
- Report and document any incidents, injuries, or near misses.
- Ensure all equipment is safe and fit for use.

### 1.3 Student Responsibilities

- Follow all safety instructions provided by instructors.
- Wear appropriate protective gear as required for training.
- Report any injuries, hazards, or safety concerns to an instructor immediately.

- Respect training partners and maintain self-control during sparring and drills.

#### 1.4 Parent/Guardian Responsibilities (for Junior Members)

- Ensure their child arrives and leaves safely from training sessions.
- Inform the club of any medical conditions or injuries affecting their child.
- Support club policies on discipline, behaviour, and safety.

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## 2. Risk Assessment

To minimise risks, **Praetorian MMA** conducts regular risk assessments. These assessments identify hazards, assess potential risks, and determine appropriate control measures.

#### Common Risks and Control Measures:

| Risk                    | Potential Hazards                     | Control Measures   |
|-------------------------|---------------------------------------|--|
| Slips, Trips, and Falls | Wet floors, loose mats, poor footwear | Regular floor inspections, use of proper mats, and mandatory footwear policies |
| Physical Injury         | Strains, sprains, fractures           | Proper warm-up/cool-down, correct technique, instructor supervision            |
| Overexertion            | Heat exhaustion, dehydration          | Mandatory water breaks, controlled training intensity                          |
| Infectious Diseases     | Spread of illnesses, poor hygiene     | Regular cleaning, personal hygiene enforcement, hand sanitiser stations        |

## 3. First Aid & Medical Provisions

### 3.1 First Aid

- **Praetorian MMA** maintains a fully stocked first aid kit at all training sessions.
- At least one instructor per session is first aid trained and holds an up-to-date certification.
- Any injuries must be reported immediately and documented in the **Accident Report Log**.
- Emergency procedures will be followed in serious cases, including contacting emergency services where necessary.

### 3.2 Medical Conditions

- All students must disclose any medical conditions that may affect their training.
  - Emergency medication (e.g. inhalers, EpiPens) must be accessible during training.
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## 4. Fire & Emergency Procedures

All members must familiarise themselves with the emergency procedures of the training venue.

### 4.1 Fire Safety

- Fire exits and escape routes must remain clear at all times.
- In case of fire, evacuate immediately and follow venue-specific fire safety procedures.
- Fire drills will be conducted periodically.

### 4.2 Emergency Evacuation

- In the event of an emergency, instructors will direct students to the assembly point.
  - Parents/guardians will be contacted if a junior member is involved in an evacuation.
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## 5. Safe Use of Equipment

- All equipment must be checked regularly for wear and damage.
  - Faulty or damaged equipment must not be used and should be reported immediately.
  - Protective gear (e.g. gloves, shin guards) must be worn during relevant activities.
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## 6. Hygiene & Cleanliness

- All students should maintain good personal hygiene.
  - Mats and training areas will be cleaned regularly.
  - Hand sanitiser will be available and encouraged before and after training.
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## 7. Safeguarding & Welfare

We are committed to the safety of all children and vulnerable persons within the club. **Praetorian MMA** follows a strict safeguarding policy, and any concerns should be reported immediately to the **Club Safeguarding Officer (Kelly Sparks)**.

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## 8. Policy Review & Compliance

This Health & Safety Policy is reviewed annually and updated as necessary. Any changes will be communicated to all club members.


**Last Reviewed:** 04/05/2025

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## 9. Contact Information

**Club Manager / Lead Instructor:** Martyn Styler

 Email: [hello@praetorianmma.co.uk](mailto:hello@praetorianmma.co.uk)

 Telephone: 02392 008121

**For Safeguarding Concerns:**

**Club Safeguarding Officer:** Kelly Sparks

 Email: [safeguarding@praetorianmma.co.uk](mailto:safeguarding@praetorianmma.co.uk)

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