



DOJO RULES

Budo Society "Musashi"

The following Rules apply to all members of the School, regardless of Grade and acceptance is implicit in your application for membership.

- Weapons must be carried in a case outside of the Dojo.
- Jewellery should be removed if it can be caught or ripped from your person.
- Gemmed jewellery should not be worn.
- Wedding rings may be taped to secure.
- Other piercing should be secure or taped to prevent accidental removal.

- No smoking in the Dojo.
- No swearing in the Dojo.
- No chewing gum on the mat. (This is a safety requirement)
- Drinks and food may be consumed in the dojo (with permission of the Instructor) but not on the mat.

- Any injury or medical problem must be brought to the attention of the Instructor prior to practice.
- Aikido/ Aiki Jujitsu/Ju Jitsu kit must be kept CLEAN.
- Personal hygiene should be of an acceptable standard.
- Finger and toenails should be clean and preferably short.
- Only clean bare feet on the mat, dojo slippers to be worn at all other times.
- Aikido/ Aiki Jujitsu/Ju Jitsu kit if worn to and from the Dojo must be covered. It is preferred for students to change at the Dojo.

- For Aikido/Aiki Jujitsu it is traditional for female students to wear a Hakama when they have gained their yellow belt and approved by the instructor (Male practitioner are allowed to wear a Hakama after showing they master break falls and after approval of the instructor).
- A student who has been off the mat for a year is to wear a white belt, until given permission by the senior instructor to wear their original grade.
- Permission to leave and join the mat, on each occasion, must be sought from the Instructor, or Senior grade present.

- The Class Instructor is to be addressed as 'Sensei' whilst on the Mat.
- If 1st Kyu or below the term 'Sempai' is used..
- No Member of the School shall act behalf of the School without the express permission of the Executive Officers of the School.
- Instructors reserve the right to refuse membership and following application of disciplinary proceedings to remove the membership of a student who is deemed at fault.

Data protection Act: The School holds its records electronically and at times may use some of this information to form mail shots. The Management of the School does not foresee that this information will be given to any third party outside the Society. Should this be necessary then individuals will be approached for permission.

Aikido/Aiki Jujitsu/Ju Jutsu is an art of Harmony, therefore act in a way that is harmonious with others. Try not to cause offence by your actions and take no offence from others. If someone's behaviour is unacceptable to you, discuss it with them and if this is unable to resolve the issue please approach me.

John Piket

Chief Instructor

Emergency First Response First Aid Instructor



STANDARD SAFETY PROCEDURE FOR ALL TRAINING SESSIONS AND SEMINARS.

1. Fire Safety.

Senior Instructor or nominated person to make known to all students and training persons where fire exits are situated and what action should be followed in the event of a fire.

If any person is trained in the use of fire fighting safety these persons should be nominated as fire warden for the duration of the seminar.

2. Welfare Facilities.

Toilets, Washing and Eating facilities should be made known to all present.

3. First Aiders.

These should be made known at the beginning of all events and if necessary a diary should be carried by the senior instructor should there be an incident that needs recording.

A simple format would be.

- a) Injured parties name and address
- b) How accident happened
- c) Date and time
- d) Witnesses if any and their contact details

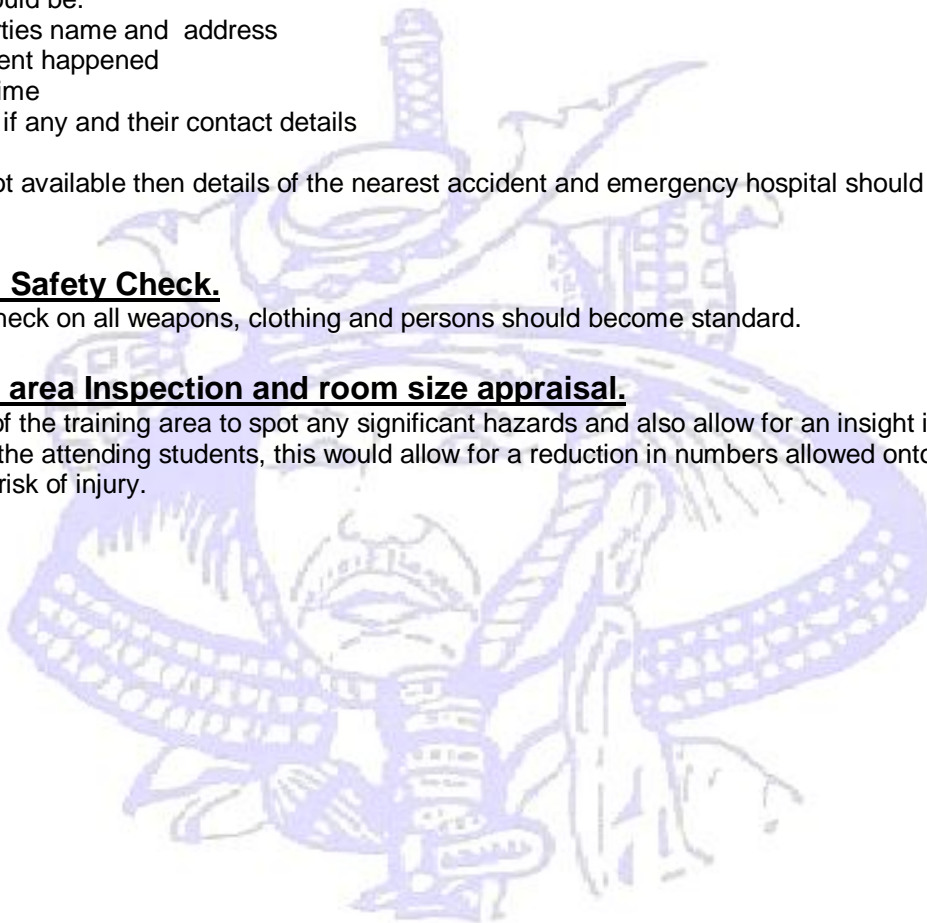
If first aiders are not available then details of the nearest accident and emergency hospital should be made available.

4. Random Safety Check.

A random safety check on all weapons, clothing and persons should become standard.

5. Training area inspection and room size appraisal.

A brief inspection of the training area to spot any significant hazards and also allow for an insight into the training space required by the attending students, this would allow for a reduction in numbers allowed onto the training area if there is a higher risk of injury.





Budo Society Musashi SAFETY POLICY STATEMENT

(As required by the Health and Safety At Work Act 1974)

Budo Society Musashi recognises and accepts its responsibility as a Martial Arts Society for providing a safe and healthy training environment for all its members.

BS Musashi will take all steps within its power to meet this responsibility, paying particular attention to the provision and maintenance of:

1. Equipment and systems of training that are safe.
2. Safe arrangements for the use, handling, storage and transport of articles and Substances (i.e. Weapons, clothing & cleaning agents).
3. Sufficient information, instruction, training and supervision to enable all members to avoid hazards and contribute positively to safety in training.
4. A safe place of training, and safe access to it.
5. A healthy training environment.
6. Adequate first-aid and welfare facilities.
7. Consultation on all matters directly affecting members training.
8. Safe systems, which will afford protection to visitors and members of the public from the Society's operations

BS Musashi regards Health and Safety as a prime responsibility and will appoint competent persons with specific responsibilities.

BS Musashi will, in line with Health and Safety requirements, carry out risk assessments on all its operations.

However, the Society reminds its members of their own duties under Health and Safety Legislation, to take care for their own safety and that of other members and anyone else affected by their action or inaction, to co-operate with the Governing Body so as to enable it to carry out its own responsibilities successfully and not to interfere with, or misuse anything provided for their health and safety.

A copy of this statement will be issued to all members. It will be reviewed, added to, or modified from time to time and may be supplemented in appropriate cases by further statements.

SIGNED:

John Piket.....
(Responsible for H&S)

Senior Coach
Modified 09-09-2008