



## Health and Safety Policy

Blaze Martial Arts & Black Belt Academy is a family run business with over 20 years' experience in delivering martial arts training.

Our classes delivered to children, teenagers and adults focus on a MIXED martial art syllabus comprising of Kickboxing (Full Contact and Light Contact), Karate, Tae Kwon Do, Ju-Jitsu, Muay Thai Boxing, The Keysi Fighting Method, Self Defence and Reality-Based training.

Due to the nature of martial arts training, there will always be an inherent risk. Blaze Martial Arts & Black Belt Academy is committed to ensuring that risks are controlled for far as is reasonably practicable for both students and instructors at Blaze Martial Arts & Black Belt Academy.

We will ensure that

- All students will receive instruction, and are supervised by suitably qualified instructors;
- All of our instructors are qualified, registered and competent to provide training to students who include children, teenagers and adults, taking into account potential lack of awareness, experience and additional individual requirements of our students;
- All of our instructors are fully aware of how to raise the alarm, assist in the event of an evacuation and contact emergency services at all locations where our classes are delivered;
- All of our instructors are trained and competent to deliver basic first aid with required equipment available at all locations where our classes are delivered, along with the knowledge of how and when to request medical assistance;
- All accidents and or incidents are recorded and where appropriate reported to the relevant governing body, with the opportunity to improve our H&S performance;
- Both instructors and our students are fully aware of this policy, their responsibilities, and whom to contact should they wish to raise any concerns.

Blaze Martial Arts & Black Belt Academy is a member of the World Association of Kickboxing Organisations (WAKO).

This policy will be periodically reviewed or following and significant incident if required.

JUSTYN BILLINGHAM

Blaze Martial Arts & Black Belt Academy

Date of review - 1<sup>st</sup> September 2024