

## Krav Maga Cornwall Health and Safety Policy

Revised July 2021

Krav Maga Cornwall attaches great importance to the health, safety, and welfare of its pupils. Offering classes with high impact lesson structures, we are aware of the level of injury risk and that whilst Krav Maga is not a martial art, there are common frequencies that bring similar levels of severity should training not be undertaken correctly or managed with the proper awareness of health and safety.

Achieving the level of health and safety performance required by this policy will provide a safe and healthy environment. This meets the requirements of the Health and Safety at Work etc Act 1974 (HASAWA). The Health and Safety at Work etc Act 1974 provides the legislative framework to promote, stimulate and encourage high standards of health and safety at work and we believe that there is an underlying formula within this that aligns with our school.

Section 3 of the Criminal Law Act 1967 provides that a person may use such force as is reasonable in the circumstances in the prevention of crime, or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large. Krav Maga Cornwall we make it known that we stand by this and that all teachings are to be used with reasonable force and understanding.

At Krav Maga Cornwall we also reserve the right not to accept students under the age of 16 years in our main classes for safeguarding, and health and safety purposes, not believing that there is equal measure between the force of military professionals and young children. However, with a duty of care to personal safety, alternative classes can be arranged at which point we will reassess the situation and policy.

As health and safety between both students and instructors is held in such high regard, PPE and verbal agreement of health and injury is in place prior to each class, with the correct adjustments made should an incident occur. There is a First Aider and/or First Person on Scene Officer at each class.

Following the CoronaVirus pandemic, Krav Maga Cornwall was closed without exception until government guidelines reflected the ability to train in close quarters. For the safety of the individuals within the club, all instructors are fully vaccinated and have released warnings that any student showing signs of Covid19 symptoms refrain from the class in isolation for the recommended days shown via the NHS app or guidelines if a positive test is shown. Students will only be able to return to the class with proof of a negative lateral flow test. Lateral Flow tests are also available on arrival to class should students wish to conduct one for extra safety measures.

Krav Maga Cornwall accepts no responsibility for injury made outside of the school's lesson hours but will seek to provide the aid required for the circumstance of its students if asked.

I ..... accept and understand of all the above

Signed: .....

Date.....