

## **NZJF Dojo Environmental Safety Standards.**

### **Overview**

The following recommendations are provided as guidelines for ju-jitsu clubs to allow them to establish a safe training space that reduces the risks of accidents and further enhances the development and enjoyment of ju-jitsu.

All clubs should have safety standards in place to ensure a safe teaching environment for participants. It is strongly recommended that you include the recommendations in this notice as part of your club's safety standards. A Club Environmental Health and Safety Checklist is supplied in Appendix 1.

### **General requirements for the dojo**

The dojo should have adequate ventilation to enable participants to practice comfortably and the ceiling should be at least 2.4 metres high (about 8 feet) from the practice surface.

Adequate lighting is required for safety and comfort. Levels should be between 200 and 300 lux 1 metre from the floor and fluorescent lighting is recommended. Lighting fixtures (or other impediments) should not pose a risk to members by hanging too low from the ceiling.

The training area should be free of any obstacles (e.g. walls, posts, seating, opening doors, etc) within a one-metre perimeter. If this cannot be done, obstacles should be padded or mat area re-defined. Particular safeguards must be in place to avoid collisions with glass.

Emergency accesses and exits should be clearly marked, unlocked and free of any obstacles cluttering the path needed to allow quick evacuation.

After any event that could reasonably have had a negative impact upon the safety of a building structure, you should request the building owner to obtain a report from a registered structural engineer stating that the building is safe to occupy and that it does not have any critical structural weaknesses. Safety is to be assessed in line with the buildings Importance Level under the local council regulations.

## **Changing rooms**

Male and female should have separate changing rooms which should be kept clean and tidy. The toilets, sinks and showers should be cleaned at least weekly.

## **Training Space (Mat area)**

It is important to offer participants a practice surface that will provide for their physical safety. Ju-jitsu is a sport that addresses the needs of all individuals, young and old, and all levels of participation, from beginners to the elite. We do not want participants to stop practicing our sport because of injuries resulting from inappropriate or sub-standard equipment.

Tatami (mats) are usually 1m x 2m or 1m x 1m with a thickness of between 40mm or 50mm and a density between 180 kg / cubic mtr and 270 kg/m<sup>3</sup>. The surface should have an absorption potential that fits the needs of the participants. It is evident that the needs of a child differ from those of an adult. Likewise, the anticipated volume of training should be considered when choosing the surface. A surface with an optimal absorption capacity is indispensable for those who engage in more than 5 hours of high level training a week. On the other hand, a simple surface of foam filled, anti-slip tatami, placed on a wooden floor can be sufficient for children who practice less than 3 hours a week.

The training surface should be covered with tatami or other lightly textured materials. This surface should provide energy distribution and shock absorption without becoming deformed under the weight of the participants. It is also important that this surface provides adequate grip, neither limiting movement nor becoming too slippery. The mats used should be tightly laid, leaving no gaps, providing a uniform and flat surface. The surface materials should be placed and secured in a manner to avoid shifting (e.g. the use of non-skid tatami, appropriate secure edging, etc.). Finally, the practice area should include a visually defined safety warning (e.g. change of colour) alerting participants that they are within 2 metres of the edge of the mat.

Whilst the tatami itself offers a certain absorption factor, we can modify its capacity by adapting the substructure. This can be done by fabricating a false floor which rests on rubber, old tatami, springs or any other system that would safely allow for a better distribution of impact shock waves. Where the dojo has a concrete floor, 50mm mat thickness with the highest density specification is recommended.

The mat area should provide sufficient space for participants to work safely while minimising the risk of collision with other participants. The area required will therefore vary depending on the configuration of the mat area, nature of the activity, the way in which the activity is structured, and the size of the participants. The coach must keep this in mind when planning activities and make appropriate safety plans

(e.g. restrict numbers participating at any time, configure participants to minimise collision risk, etc). As a “rule of thumb”, the size of the practice surface required for each participant is estimated at a minimum of 2 square metres per person

However, as a guideline, when doing randori a minimum area of 12m<sup>2</sup> per couple for those over 60kg, 9m<sup>2</sup> for those between 40kg and 60kg, and 6m<sup>2</sup> for those under 40kg should be maintained (i.e. a mat area of 100m<sup>2</sup> should have no more than 8 large, or 11 medium, or 16 small couples at one time).

Coaches should check the training surface and surrounding area before and during each training session. If they observe something which could represent a risk to the safety of participants, they should take the necessary corrective measures or at the very least monitor this potential hazard. Any irregularity that cannot be corrected immediately should be reported to the club coach and the situation remedied as soon as possible.

### **Teaching / Training equipment**

Teaching equipment (e.g. crash pads, elastic training bands, etc) should be inspected regularly to ensure they are in good condition and do not pose any risk to users. Inadequate equipment should be stored or taken away from the training area. Equipment which is torn or damaged to a point where it is a risk should be repaired before being put out in the practice area, or replaced.

### **Emergency Evacuation Plan (EEP)**

An Emergency Evacuation Plan (EEP) and clearly stated muster points should be clearly visible in cases of emergency. Members should be regularly made aware of the plan and EEP simulation exercises should be performed at least once a year. The EEP should include a list of emergency numbers and identify persons responsible for applying the EEP.

For any further guidance or information, contact:

[registrar@nzjif.org.nz](mailto:registrar@nzjif.org.nz)

**FACILITIES:**

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- Adequate ventilation
- Minimum 2.4-meter clear ceiling height above training area
- Adequate and safe lighting
- Mat area at least 1 meter clear of any dangerous fixtures or fittings
- If not, adequate padding to any obstacles to minimise risk
- Glazed areas well clear of mat area (or adequately protected)
- Clearly marked emergency exits
- Clear path to emergency exits
- Separate male and female changing rooms
- Clean and sanitary toilet and washing facilities

**EQUIPMENT AND MAT AREA:**

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- Supplementary training equipment well maintained and safe (e.g. crash pads, uchikomi bands, etc.)
- Mats in good order (no rips, tears, excessive soft patches)
- Sufficient prevention against mats from moving during training (no gaps)
- Mat area sufficient size for class numbers / activities
- Mat thickness and density appropriate for use
- Wooden floor or sufficiently cushioned concrete floor
- Mat surface not too “sticky” or “slippery”
- Visually defined safety warning 2 metres from all mat edges
- Emergency Evacuation Plan (EEP) in place
- EEP practiced

**APPENDIX 2**

**CLUB HEALTH AND SAFETY ACTION PLAN**

Based on your responses to the checklist, identify which items have not been ticked, and make a prioritised plan to remedy.

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