

Easy After-school Jiu-Jitsu

Safe Practice Policy

Brazilian Jiu-Jitsu for primary-school-age children, delivered in school settings under UKBJJA affiliation.

Version 1.0 | Adopted May 2026 | Owners: David Lindsay (DSL) and James Wood (Deputy DSL)

1. Purpose and scope

Brazilian Jiu-Jitsu (BJJ) is a grappling art. The submissions, throws and pressure positions that make it effective also create a duty of care that goes beyond a generic sports-club safe-practice statement. This policy sets out, in concrete terms, how Easy After-school Jiu-Jitsu prevents avoidable injury for the primary-school-age children in our after-school sessions.

It is read alongside our Safeguarding Policy. Where the Safeguarding Policy covers welfare and abuse, this policy covers physical safety in training. It applies to every Easy After-school Jiu-Jitsu session in every host school, and to every coach, volunteer and child who steps onto the mat.

The policy reflects the UKBJJA junior ruleset, the IBJJF kids ruleset where it is stricter, and the UK Concussion Guidelines for Grassroots Sport.

2. Roles and responsibilities

The lead instructor for each session is responsible for safe practice on the mat. They run the pre-session check, set the technical content, supervise sparring and decide whether a child sits out. They escalate any incident to the Designated Safeguarding Lead (David Lindsay) or the Deputy DSL (James Wood) the same day.

Assistant coaches and volunteers are responsible for keeping eyes on the mat at all times, raising concerns with the lead instructor immediately, and following this policy without exception.

Children and parents are responsible for disclosing any medical condition or injury that could affect safe participation, through the booking intake form and verbally to the lead instructor at the start of each term and on any change.

The host school is responsible for the building, the access and egress, fire procedures, and any incident involving school staff or premises. Easy After-school Jiu-Jitsu cooperates with the host school's health-and-safety arrangements at all times.

3. Pre-session check

Before every session, the lead instructor completes the following check.

Pre-session check
Mats laid in agreed configuration with no gaps wider than 5 mm. Where possible, jigsaw or roll mats are used instead.
Hall floor under the mats free of grit, dust or moisture.
No live sharp objects or foreign objects allowed on the matted area.
First aid kit on site, sealed, with current contents (ice packs, plasters, wipes, gauze, tape, eye-wash, bandages, scissors). AED location known.
Accident/injury reporting and Safeguarding Incident Report Forms available to coach.
Register up to date
Medical alerts (allergies, asthma, etc.) for the children in attendance reviewed before warm-up.
Coach is informed by school if child is being collected by anyone other than a parent.
Mats realigned at every scheduled break during the session, not only at the start.
Fire exit and assembly point for the host school confirmed verbally with the lead instructor before children arrive on the mat.

3a. Collection at end of session

At the end of every session the lead instructor takes a final register and physically counts the children before any child is released. No child is allowed to leave the mat area unless the adult collecting them is on our authorised list, has been verified by the child themselves, or matches the special collection instructions held by the host school. Where a parent has flagged a different collection adult for a particular date, this must be confirmed by the parent or a member of school staff before the start of the course.

Where a child has not been collected by ten minutes after the session ends, the lead instructor remains with the child on or beside the mat, contacts the parent and the secondary emergency contact in turn, and informs the host school office. A child is never left alone, never left with a single coach in a closed room, and is never walked off the school premises by a coach.

3b. Fire and emergency egress

Each host school owns its building, fire procedure and assembly point. At the start of every academic year, and at every school we add to our schedule, the coach confirms with the host school: the nearest fire exit from the room used for our session; the assembly point; and any school-specific drill protocol.

In the event of an alarm, the coach walks the children off the mat and out of the building via the agreed exit, takes the register, and reports to the host school's fire marshal at the assembly point. The lead instructor remains with the children until the host school confirms the all-clear.

3c. Data handling on the mat

Registers and any other documents containing the personal data of children (medical alerts, emergency contacts, authorised collection adults) shared only with the coaches through password protected electronic formats (such as a booking app or google sheets). Electronic registers held on a coach's phone or tablet are device-locked and password-protected. Paper registers are shredded at the end of every term. Any actual or suspected data breach is reported to the DSL the same day,

and from there to the partnership and, if required, the Information Commissioner's Office within 72 hours under UK GDPR.

All communications to parents outside of class and pick-up — confirmations, payment queries, safeguarding follow-ups — are direct to partnership email (info@easjj.co.uk) and not on personal coach phones or social media accounts.

4. Warm-ups

Every session opens with a warm-up of at least 5 minutes including general movement (jogging, shrimping, technical stand-up), specific joint mobility, and breakfall practice from the squatted positions appropriate to the age group. Static stretching is light, never forced, and is ended immediately if the child reports discomfort.

We do not use repeated press-ups on the knuckles, partner-loaded stretches, neck-on-neck wrestling drills, or any conditioning that loads the developing joints of children.

5. Age-appropriate technical syllabus

The single biggest risk in BJJ for children is being taught material that an experienced adult can apply safely but a child cannot. We therefore start students with positional training first, creating win conditions with constraints based sparring games and low impact takedowns (such as single legs and double legs). Children cannot participate in free sparring until they have completed a minimum of three sessions.

Free sparring starts without submission but begins with a win condition of controlling mount or back for three seconds. Once students have been taught, and only if both partners are comfortable with it, submissions may be introduced.

Coaches stop and reset any roll where a banned technique or dangerous position is being applied or attempted, and use the moment to teach.

6. Pairing

Children are paired by size and experience first, age second, and never by gender alone. Where a session has only one child of a given size, the lead instructor will partner with them, or split the child into a small group with the coach refereeing positional drills. Mixed-gender sparring is permitted up to age 11 with no special restriction. From age 12 we ask both children and any parent who has indicated a preference whether they would prefer same-gender pairing for live rolling, and we honour that preference.

7. Head injury and concussion

Any impact to the head (even one that appears mild) is treated as a potential concussion. The child is removed from the mat immediately, observed in a quiet area with a coach present, and a parent or carer is contacted to collect the child. We follow the UK Concussion Guidelines for Grassroots Sport: "If in doubt, sit them out."

A child who has received a head impact in our session, however minor, does not return to BJJ for at least 14 days from the date of impact, and only after a graduated return-to-play protocol agreed with the parent and any treating clinician. The lead instructor records an incident in the accident book and the DSL is notified the same day.

A symptomatic child who is confused, dizzy, vomiting, slurring, with a worsening headache, with seizure activity, or who has lost consciousness has 999 called immediately and is monitored in the recovery position until paramedics arrive.

8. Tapping culture and consent

Tapping is taught as the first technical skill in every term: tap clearly, tap early, tap on the partner, on the mat, or verbally. Coaches praise tapping, never tease it. A tap is final and unchallengeable; if a child taps, the partner releases instantly. A coach calling "stop" or "break" carries the same weight as a tap. A tap is not considered a 'loss' but an indication that they have had enough for now and the match is over.

Students are reminded that they cannot spar with a partner until they have consent to do so. Consent is usually given in the form of a 'slap, bump' (high five, fist bump) at the beginning of a 'roll' (the term often used for an individual round of sparring). A tap or the coach calling 'time' signals the end of that consent.

Coaches are not to pressure students into sparring as this is against our ethos of consent. Whilst some students do need or enjoy being pushed, consent is not the way to practise this. If a child does not wish to spar or will only spar with certain other students, their wishes, in this respect, are always honoured.

9. Hygiene and equipment

- Children attend in clean training kit (gi or rashguard and shorts/leggings). No metal jewellery on the mat. Long hair tied back.
- Fingernails and toenails clipped short. Open wounds covered with a waterproof dressing, or the child trains separately or sits out.
- No food, gum or drinks on the mat.
- Mats are periodically cleaned with a non-toxic mat disinfectant.
- Children with any contagious skin condition (ringworm, impetigo, herpes simplex, scabies, conjunctivitis, etc.) do not train until all symptoms have subsided.

10. Health declarations and pre-existing conditions

Every term, the intake form requires the parent to declare any medical condition or requirement the coaches should be aware of. The lead instructor reviews these before each session. Where a condition could affect safe participation (asthma, epilepsy, diabetes, recent fracture, joint hypermobility, etc.) the lead instructor plans reasonable-adjustments for the student.

Inhalers, epi-pens and any other prescribed emergency medication are kept by the child or by the school office. Coaches will ensure that they know the whereabouts of such equipment upon reviewing the medical information from the intake forms.

11. Hydration, breaks and welfare on the mat

Parents are reminded regularly through email to provide their children with water bottles for the sessions. Each session has regular water breaks as part and children may leave the mat for water or use the toilet at any time without seeking permission, provided they signal to a coach. A child who is visibly distressed, withdrawn, or whose behaviour is markedly different from normal is taken aside by a coach, asked if they are alright, and given the choice to sit out without explanation.

12. Equipment and weapons

Easy After-school Jiu-Jitsu does not use any weapons, training weapons, or striking equipment. Brazilian Jiu-Jitsu is a grappling art and our sessions are entirely grappling-based.

13. First aid and incident recording

A trained first aider is present at every Easy After-school Jiu-Jitsu session — by default this is the lead instructor, who holds at minimum an Emergency First Aid at Work certificate. A well-stocked first aid kit is present at every session as listed in section 3.

As guests in our host schools, every near-miss, incident and injury is recorded at the time on the host school's accident form. The lead coach informs a teacher on site, completes the school's form with them, and the school retains the formal record and provides a copy to the parent at pick-up. Easy After-school Jiu-Jitsu holds its own Sports Incident and Treatment Record form (referencing the CRT6 concussion tool) for use where the school's form is unavailable.

The partnership is actively developing a process for coaches to forward a copy of every recorded incident to the DSL so that incident patterns can be reviewed across our seven schools. Until that mechanism is in place, the DSL reviews incidents through regular communication with the coaching team.

15. Coach training and refresh

- Every coach renews their first-aid certification every three years, at minimum, and immediately on expiry.
- Every coach completes a Safeguarding and Protecting Children course on joining and refreshes it every three years.
- Every coach holds a current DBS certificate renewed within the last three years and registered on the update system.
- All coaches are directed to this Safe Practice Policy when they start and any time the policy is updated.

16. Review

This policy is reviewed by the partners of Easy After-school Jiu-Jitsu annually and reissued immediately on any material change to UKBJJA guidance, IBJJF junior rules, the UK Concussion Guidelines for Grassroots Sport, or the configuration of our sessions. Next review due: May 2027.

17. Approval and Review

This Safe Practice Policy is adopted by the partners of Easy After-school Jiu-Jitsu and is binding on all coaches, instructors and volunteers.

Signed on behalf of Easy After-school Jiu-Jitsu:

A handwritten signature in black ink, appearing to read 'D. M. Lindsay', written in a cursive style.

David Lindsay, Partner / Designated Safeguarding Lead Date: 30/05/2026

A handwritten signature in black ink, appearing to read 'James Wood', written in a cursive style.

James Wood, Partner / Deputy Designated Safeguarding Lead Date: 09/06/2026