



ZILLA Combat Academy

Health & Safety Policy

1. Section 1: Statement of Intent

The objective of **ZILLA Combat Academy** is to provide a safe and supportive environment for the practice of martial arts. We are committed to:

- Minimizing the risk of injury through structured instruction and high equipment standards.
- Ensuring all instructors are qualified, background-checked, and first-aid trained.
- Maintaining a hygienic facility to prevent the spread of infections.
- Providing a welcoming space for all, including children and women-only programs.

2. Section 2: Roles and Responsibilities

- **Head Instructor/Owner:** Responsible for the overall implementation of this policy, conducting annual risk assessments, and ensuring all insurance (Public Liability) is up to date.
- **Instructors:** Responsible for mat safety during class, checking student gear, and filing incident reports.
- **Students/Parents:** Responsible for following the Code of Conduct, maintaining personal hygiene, and self-reporting injuries or illness.

3. Section 3: Risk Management & Control

Area of Concern	Control Measures
Physical Injury	Mandatory warm-ups; matched-weight pairing; "Tap Out" rule; instructor supervision of all live sparring.



Mat Hygiene	Daily deep-clean with antifungal/virucidal solution; no shoes on mat; no bare feet in restrooms.
Safeguarding (Kids)	All youth instructors must have DBS clearance; "Two-Adult" rule (no instructor alone with a child).
Facility Hazards	Monthly checks on fire extinguishers, emergency exits, and structural integrity of wall pads/bags.

4. Section 4: Emergency Procedures

First Aid

- A designated First Aid kit is located at **the Front Desk**.
- In the event of a head injury/suspected concussion, the student must be removed from mats immediately and cannot return without medical clearance.

Fire & Evacuation

- In the event of a fire, the assembly point is **Holly Family Church**
- Instructors are responsible for leading their current class to the exit and performing a roll call.

5. Section 5: Specific Protections

Women- Only Classes

- **Physical Adjustments:** Instructors will ask for verbal consent before physically adjusting a student's posture or technique.
- **Privacy:** During women-only hours, only women will be on the mats to ensure a private training environment.

Kids Class

- **Pick-up/Drop-off:** Children under 12 must be signed in and out by a designated guardian.
- **Discipline:** We use positive reinforcement. Physical punishment is strictly prohibited.

6. Section 6: Incident Reporting

All injuries requiring more than a basic bandage must be recorded in the **Accident Log Book**. This includes:



1. Name of the injured party.
2. Date, time, and nature of the injury.
3. Action taken (e.g., "Applied ice," "Called ambulance").
4. Signature of the supervising instructor.

7. Section 7: Review Date

This policy is a "living document" and will be reviewed and updated annually.

- **Last Reviewed:** 23/03/2026
- **Next Review Due:** 22/02/2026