



REGISTERED CLUB

BMABA Membership Number: 5338210

Self-defence Workshop Safety Brief

1. In the case of an emergency evacuation, you must follow the evacuation procedures for the workshop location.
2. You must only use the self-defence techniques taught by your instructor. If you have not understood the technique, you must ask the instructor for clarification. You must not engage in deliberate misbehaviour (horseplay).
3. You must wear suitable clothing and footwear for the workshop. Examples of suitable clothing and footwear are light comfortable indoor sports clothing and shoes. Examples of unsuitable clothing and footwear are dresses and high-heeled shoes. If you want to use personal safety equipment (e.g. wrist supports), this must be inspected and approved by the instructor.
4. You must not wear any jewellery during the workshop. If you cannot remove an item of jewellery, you must cover it safely.
5. You must not participate in the workshop while under the influence of alcohol or drugs. If you have been drinking/taking drugs, you must tell the instructor.
6. You must tell us (via <https://www.learnselfdefence.website/HAS/>) about any medical conditions or injuries before attending the workshop. At the workshop you must declare any changes to conditions or new injuries. If your condition or injury worsens during the workshop or you feel unwell (including fatigue), you must tell the instructor.
7. You must shout 'STOP' at any time during the workshop when you see any risks being taken or any actions that could lead to injury to yourself or another person.
8. You must STOP SAFELY immediately when you hear the shout 'STOP' from anyone at the workshop. STOP SAFELY means stop what you are doing and release any pressure you are applying. If you are supporting another person, release them safely so that they do not fall or injure themselves.
9. If you fail to follow any of the above requirements, you may be removed from all or part of the workshop. If you tell the instructor that you are under the influence of alcohol or drugs or the instructor believes this to be the case, you will be removed from the workshop immediately.
10. Contact steve.luke@learnselfdefence.website if you have any questions or concerns.