

The Head of School/Instructor reserves the right to direct students to cease training and leave the mat and/or premises.

Successful risk management is best achieved when all students adopt a spirit of responsibility in regard to safety issues. Students should be aware of and agree to adhere to the measures below.

Before training

1. Be aware of the dojo's safety policies before undertaking training. Advice is available from Instructors.
2. Notify the Head of School of any pre-existing medical condition or disability before undertaking training. Serious conditions require a medical clearance.
3. Ensure the instructor at each class is aware of any injury or illness.
4. Exercise care when (re-)commencing training after serious injury or illness. Ensure you train safely and comfortably within your own capability. If there is any doubt, a medical clearance must be obtained.
5. Do not train if you have an illness or condition which is or might be contagious including colds/flu, rashes, boils, sores or any other contagious condition.
6. Do not train with an open or uncovered wound or sore. Ensure minor abrasions and cuts are adequately dressed and covered.
7. Do not train under the influence of drugs or alcohol.
8. Remove jewellery, watches and other ornaments and secure long hair.
9. Ensure fingernails and toenails are smooth and short.
10. Wear clean aikidōgi or other appropriate clothing and ensure that it is in good repair.
11. Ensure weapons are in good repair and stored appropriately when not in use.
12. Ensure you're clean and free of strong odour. Maintain good personal hygiene.

During training

1. Follow directions from the Instructor at all times, including the direction to cease training.
2. Decline to participate in any activity in which you feel uncomfortable or unsafe.
3. Train at a level with which you feel comfortable. Always attempt a technique/activity at the basic level before proceeding to a more advanced level.
4. Train at the level of the least experienced partner.
5. Competency at rolling and break falling is developed over time. Partners should agree prior to training whether they are prepared to take a fall (ukemi). Proceed slowly.
6. Take care to avoid collisions on the mat by being aware of the other students training on the mat.
7. Train only in the specific technique demonstrated by the Instructor.
8. Do not engage in freestyle training except under the supervision of an Instructor.
9. Report all injuries, accidents and near-misses to the instructor immediately. Exercise universal precautions in regard to blood-borne pathogens.
10. Notify the Instructor if any medical condition becomes apparent during training that may affect safety.
11. Pace yourself according to your level of fitness and competency.
12. Avoid dehydration and over-exertion.