



At RCA Jiu-Jitsu, the safety and well-being of our students are our top priorities. Jiu-jitsu is a rewarding martial art that offers many benefits, including physical fitness, self-defense skills, and increased confidence. However, like any physical activity, it carries some risk of injury. This form provides important information on how to train safely to minimize these risks.

Safe Training Practices in Jiu-Jitsu

1. Proper Warm-Up and Cool-Down

- **Warm-Up:** Always start with a thorough warm-up to prepare the body for physical activity. This includes light aerobic exercises, dynamic stretches, and jiu-jitsu specific movements.
- **Cool-Down:** Conclude each session with a cool-down period that involves static stretching and gentle exercises to aid in recovery and flexibility.

2. Use of Protective Gear

- **Mouthguards:** Wearing a mouthguard can help protect against dental injuries.
- **Groin Protectors:** Boys should wear groin protectors to prevent injury from accidental strikes.
- **Ear Guards:** Use ear guards to prevent cauliflower ear, a common injury in grappling sports.

3. Safe Rolling Practices

- **Tap Early, Tap Often:** Students should be encouraged to tap out (submit) as soon as they feel discomfort or are in a potentially dangerous position. This prevents injuries from submissions.
- **Controlled Sparring:** Emphasize controlled, technical rolling rather than aggressive or overly competitive sparring. This reduces the risk of injuries from sudden, uncontrolled movements.
- **Partner Safety:** Teach students to be mindful of their training partners' safety and to apply techniques slowly and with control.

4. Proper Technique and Supervision

- **Qualified Instructors:** Ensure that all training is supervised by qualified instructors who can provide proper guidance and corrections on techniques.
- **Technique Over Strength:** Emphasize the importance of using proper technique rather than relying on strength. This not only makes techniques more effective but also reduces the risk of injury.

5. Physical Conditioning

- **Strength and Flexibility:** Regular conditioning exercises that build strength, flexibility, and endurance can help prevent injuries. Core strengthening and joint mobility exercises are particularly beneficial.
- **Recovery:** Ensure adequate rest and recovery time between training sessions to prevent overuse injuries.

6. Injury Awareness and Management

- **Report Injuries:** Encourage students to report any pain or injuries immediately. Early detection and treatment can prevent minor injuries from becoming serious.
- **First Aid Knowledge:** Instructors should be trained in basic first aid and CPR, and the gym should have a well-stocked first aid kit.
- **Medical Clearance:** If a student has had a recent injury or surgery, obtain medical clearance before they return to training.

7. Hydration and Nutrition

- **Stay Hydrated:** Encourage students to drink plenty of water before, during, and after training to stay hydrated.
- **Balanced Diet:** A balanced diet that includes adequate proteins, carbohydrates, and fats supports overall health and injury prevention.

Parental Involvement

1. Communication:

- Maintain open lines of communication with instructors regarding your child's progress and any concerns about their health and safety.

2. Education:

- Educate your child about the importance of safety in training and encourage them to speak up if they feel uncomfortable or injured.

Thank you for your attention to this important matter. Together, we can ensure a safe and positive training environment for all our students.

Sincerely,

RCA Team
rcabjlv@gmail.com
702.755.8705