

Practising members should be aware of the following:

- Do not practice if you feel unwell or have an injury without prior discussion with the person teaching the class.
- Make sure that all jewellery is removed and in the case of items that are difficult to remove or cannot be removed, tape these with surgical tape or similar to prevent injury to self or others.
- When laying out the aikido mats, carry no more than two at a time unless unmanageable in which case carry one.
- Check the mats for any missing “jigsaw” sections that might result in small holes that could cause injury to fingers or toes.
- If spectacles are required to be worn please make sure these are of a suitable type for sports and fit securely.
- Please leave zorri (sandals) neatly at the edge of the tatami (mat).
- Please make sure kit bags are packed and stowed in a suitable place.
- Please ensure that dogi (training suit) are clean, the right size and obi (belt) correctly tied (this also applies to hakama)
- When using weapons, only do so under the direct supervision of the person teaching. Make sure that weapons are placed safely during training and stowed away appropriately at the end of training.
- When practising techniques, only do so under the direct supervision of the person teaching. Do not attempt to practice beyond your capabilities as this may result in injury.
- Under-16s will not be allowed to practise certain techniques (e.g. nikkyo / sankyo) and will be advised accordingly by the person teaching the class.
- Make sure you are aware of the location of the first aid kit and the accident reporting book.