



North Shore Submission Grappling Club Inc
47 Regent St, Devonport, Auckland, 0624
www.northshoregrappling.co.nz

North Shore Submission Grappling Club

Safety Guidelines

Location

39A Barrys Point Road

Takapuna, Auckland 0622

North Shore Submission Grappling Club

Safety Guidelines

These guidelines exist to ensure that everyone who trains at North Shore Submission can do so safely, respectfully, and enjoyably. Brazilian Jiu Jitsu and grappling are physical sports that involve close contact and submission techniques. Safety is a shared responsibility between all members.

Our goal is simple - train hard, train smart, and make sure everyone goes home uninjured.



1. Training Philosophy

At North Shore Submission Grappling Club, we prioritise safety, learning, and mutual respect.

Members are expected to:

- Train with control and awareness.
- Respect their training partners at all times.
- Tap early and release submissions immediately when a partner taps.
- Help create a supportive and positive training environment.

The safety of your training partner is just as important as your own.

2. Personal Hygiene and Preparation

Good hygiene protects everyone on the mat.

Before training:

- Fingernails and toenails must be trimmed short.
- Remove all jewellery, watches, and piercings.
- Wear clean training gear (gi, rashguard, shorts, etc.).
- Cover any cuts or abrasions securely.
- Do not train if you have a contagious illness or skin infection.

Training gear should be washed after every session.



3. Mat Etiquette

Respect and awareness on the mats help prevent injuries.

Members should:

- Listen carefully to instructors and senior members.
- Be aware of the space around them while drilling or rolling.
- Move if you are close to another pair training nearby.
- Follow instructions regarding drills, sparring, and training intensity.

Higher belts and experienced members are expected to help guide and protect beginners.

4. Rolling and Sparring Safety

Live sparring is an important part of grappling, but it must always be controlled.

Safety rules include:

- Tap immediately if caught in a submission.
- Release submissions immediately when your partner taps.
- Apply submissions slowly and with control.
- Avoid sudden or explosive movements that could cause injury.
- Beginners should roll with experienced partners whenever possible.

Winning a round is never more important than training safely.



5. Takedowns and Stand-Up Training

Standing grappling and takedowns carry a higher risk.

Members should:

- Use controlled techniques when practising takedowns.
- Be aware of surrounding training pairs and available space.
- Follow the instructor's guidance regarding when takedowns are permitted during sparring.

If unsure, always ask before attempting a takedown.

6. Injury Protocol

If you are injured or believe a training partner may be injured:

- Stop training immediately.
- Inform a coach, captain, or club organiser.
- First aid equipment is available at the gym.

Do not continue training if you are injured.

7. Respect and Conduct

North Shore Submission Grappling Club is a community club built on respect.

The following behaviour will not be tolerated:

- Bullying or aggressive behaviour.
- Training recklessly or dangerously.
- Disrespect toward instructors, members, or guests.



We protect beginners and create a safe environment for everyone to learn.

8. Beginners and New Members

New members are encouraged to focus on learning the fundamentals.

Early training should prioritise:

- Technique and control.
- Safe drilling.
- Supervised sparring with experienced members.

Progression happens naturally with time and consistent training.

9. Training at Your Own Risk

Grappling is a contact sport and carries an inherent risk of injury.

All members participate voluntarily and accept responsibility for their own safety while training. If you have any medical concerns about participating in physical activity, please consult a medical professional before training.

Our Culture

North Shore Submission Grappling Club is built on teamwork, humility, and mutual respect.

Train hard.

Train safe.

Look after your training partners.