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# Safe Fall-Safe Schools (SFSS) - Level I

Research protocol

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The Safe Fall-Safe Schools programme aims to teach safe falling techniques, minimising injuries resulting from accidental falls, particularly in school environments. This approach is based on judo techniques known as “ukemis,” adapted for use in everyday and educational contexts, not solely in sports.

The programme promotes the development of a new motor skill: the ability to fall in a controlled manner. This is achieved through progressive exercises that teach participants to protect their heads, distribute impact, and reduce the risk of injury. Learning is organised into levels, starting from low positions and advancing to more complex falls.

This research protocol describes the first level of fall instruction, addressing backward, sideways, and forward falls (frontal and roll-over) through well-defined exercises. It also specifies the tests and evaluation protocols, along with all necessary documents for implementation.


## COORDINACIÓN

**Dr. Óscar del Castillo Andrés**, Senior Lecturer at the University of Seville, is an expert in combat sports, physical activity, and teacher training. He developed the Safe Fall-Safe Schools programme and leads research projects with numerous publications on the topic.

**Dr. Carolina Castañeda Vázquez**, Senior Lecturer at the University of Seville, specialises in physical education, health, and psychosocial factors in sports. She has published extensively and contributed to projects like “Safe Fall-Safe Schools” and “Educajudo”.

**Dr. María del Carmen Campos Mesa** holds a PhD in Educational Sciences, is a Senior Lecturer at the University of Seville. She is the lead researcher of the IACE Group and an expert in physical activity and sport. She has published numerous articles on physical education and health, and is a member of the Safe Fall-Safe Schools team.

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