

SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB:- Emulous Martial Arts and Fitness Centre

Martial Arts are activities where safe practice is essential to help prevent injury. Children* are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified as described below. (*also includes Adults at Risk)

1. Warm Ups

All activities should first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

2. Martial Arts involving strikes, punches and kicks

The risks include but are not limited to: concussion (brain injury) from heavy blows to the head; damage to internal organs and joints from heavy blows; injury from inappropriate stretching and other exercises.

All sparring is light touch, controlled contact or non-contact for any individual without the necessary equipment.

Sparring equipment required for classes and competition is the minimum of Gloves suitable to age and weight, foot pads, shin guards, gum shield and groin protection or chest guard.

All ages are considered in sparring controlling groups of age, weight and height as well as skill level both in class and competition.

Mixed gender sparring is allowed within class sparring where appropriate and consented to by parties involved. Competition sparring primarily is single gender sparring.

All sparring sessions in the class and competition are supervised by fully qualified instructors and where appropriate in youth classes and number of instructors proportionate to the size of the group.

Matted floors are used for sparring sessions in classes and competition.

If a head injury occurs during sparring sessions in class the individual will be assessed by first aider present and medical assistance called. Competitions will be manned by first aid responders who will be required to assess any injuries sustained during competition.

3. No sessions shall involve any excessive stretching or inappropriate use of equipment for children or adults.

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that children are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.