SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB:- Yorkshire Karate Academy

Karate involves 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.

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. Throwing, grappling and strangling

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head; damage to the joints from locks; strangulation.

Safe practice should include, but is not limited to:

(a) Checking the matted area for suitability, particularly where the mats have been joined.

(b) Checking that there are no hard surfaces or sharp/hard objects around the matted area.

(c) Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

3. Strikes, punches and kicks

(a) 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. Yorkshire Karate Academy do NOT allow head contact at any point during training to prevent the above.

- NO head contact is allowed during training.

  To ensure this children are closely monitored during training

- *As students get older 18years and over there is minimal contact allowed*

- At tournaments it is mandatory for children to wear head guards.

- Tournament categories are based on age, grade and gender groups

- As Students gets older the categories are based on weight, gender and grade

- All competitions have 20mm thick jigsaw matts to allow safe practice

- If there is head injury during sparring in class the first Aider will asses the situation. For Tournaments there are qualified first aiders and doctor present.

- Under no circumstances mix gender Fighting is allowed at Karate Tournaments.

The Martial Arts Safeguarding Group strongly recommend the complete removal of any head contact from training and competition for U16's.

(b) Avoiding excessive stretching and exercises such as press-ups on the knuckles or hitting heavy bags; the joints of children are still developing and can be damaged by these exercises.

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.