

# **SAFEGUARDING IN MARTIAL ARTS**

## **SAFE PRACTICE POLICY**

### **Family Martial Arts Centres**

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**

The risks include but are not limited to: injury from inappropriate stretching and other exercises.

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.

Avoiding excessive stretching and exercises such as press-ups on the knuckles; the joints of children are still developing and can be damaged by these exercises

#### **2. Martial Arts involving jump kicks**

The risks include but are not limited to: falling on unsuitable surfaces; landing badly causing damage to the joints, head or other body parts.

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 experienced instructor who will ensure that students are taught jump kicks correctly to avoid injury.

#### **3. Martial Arts involving strikes, punches and kicks on pads / equipment**

The risks include but are not limited to: injury from inappropriate or unsupervised use of equipment and using equipment incorrectly.

- (a) Instructors will demonstrate correct use of equipment and supervise use of pads / equipment in class.

#### **4. Martial Arts involving sparring**

The risks include but are not limited to: injury from accidental contact, injury to self, due to loss of balance (For example losing your footing and twisting an ankle)

- (a) All students taking part must wear head guard and gloves.
- (b) The area must be clear and safe for students to move around.
- (c) Controlled light contact for Red & Black Belts over 16 years old or no contact for junior members, (White – Green Belts or under 16's), No full contact for any students.
- (d) Students where possible will be paired with other students of similar size, age or gender.
- (e) Students must be supervised by an instructor at all times while sparring.

#### **5. Martial Arts involving weapons**

Safe practice should include but is not limited to:

- (a) No live blades (sharp or otherwise) in the training hall when practicing  
(Live blades can be used at part of a demonstration or test)
- (b) Safe protocols for the use of training weapons by children  
(Use of foam nunchucks & escrima sticks, rubber knives and graphite staff)
- (c) Good demonstrations and supervision at all times by Instructors

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that students 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.