**SAFEGUARDING IN MARTIAL ARTS**

**SAFE PRACTICE POLICY**

NAME OF CLUB:- Bunbu Dojo Karate School

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 desribed 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.

Instructors will ensure that current exercise science is used in all aspects of stretching and make an effort to continually update learning in this area

1. **Martial Arts involving strikes, punches and kicks**

1. 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.

**There are some key points to consider in this section, particularly around head contact for under 16s. Please consider the following in your safe practice policy:**

Contact is limited to over 14years only under strict supervision and ‘light contact only. Where students are under 14 – contact is limited to set drills and stopping a distance before contact.

* Appropriate equipment will be supplied for all contact exercises
* Students must remain with appropriate partners in sparring and with supervision throughout
* Where no mats are supplied or available, sweeping is not permitted.
* In the cases of competition. The school would expect a duty of care to its athletes. Appropriate flooring and medical supervision would be expected at every event as well as competitors that are a similar age and size as our own. The school will withdraw any competitor if we feel a level care has fallen below our expectations .

1. 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.
2. **Martial Arts involving weapons**

Some examples are Kendo, Kobudo, Laido and Freestyle Forms Karate

Safe practice should include but is not limited to:

1. No live blades (sharp or otherwise) in the training hall when children are

present

1. Safe protocols for the use of training weapons by children
2. Good supervision at all times by Instructors

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.