

SAFEGUARDING CODE IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB:- Paul Treacy's Academy of Martial Arts

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

2. Martial Arts involving throwing, grappling and strangling

Loong Keun Do and Jiu Jitsu

Safe practice will 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. 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.

There are some key points to consider in this section, particularly around head contact for under 16s.

- No head contact is allowed in the Under 16yr olds classes.
- Protective equipment is used when sparring. The academy uses head guards and gloves.
- The academy does not enter competitions.
- Floor covering:- The academy uses 40mm mats when grappling and sparring.
- If a head injury occurs the following measures are undertaken:-

- All sparring/grappling is halted in the entire class.
 - First aid is applied.
 - If required, an entry is written into the accident/incident book.
- All sparring (light semi and light contact) is always supervised by first aid qualified instructors at all times.
 - All sparring is semi light contact and supervised at all times by one or more instructors.
 - We take into consideration, weight, experience and grade, and if the students are comfortable with sparring. Students do not have to spar.
 - All sparring is supervised at all times, whether within competition or out of competition.
- (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.

4. Martial Arts involving weapons

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

Safe practice should include but is not limited to:

- (a) No live blades (sharp or otherwise) in the training hall when children are present
- (b) Safe protocols for the use of training weapons by children
- (c) 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.