

SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB:- Fuzion 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 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 strangle holds

Risk of injury

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 children are not taught to use locks or throws or strangles which will cause injury.

3. Strikes, punches and kicks

Light contact is taught and is best practice. Classes will be supervised by experienced instructors at all times. All students are encouraged to wear protective equipment as necessary.

- **head contact is allowed but light contact is practiced**
- all suitable equipment should be worn as instructed. Students are responsible for their own equipment and should replace any worn/damaged equipment.
- If a student does not have their own headguard- during sparring the other student will not make any head contact.
- all students of all ages will be involved in sparring (and competitions if they

so wish). All sparring is well supervised by experienced instructors and helpers

- In competitions, students will be placed into the appropriate age/weight/experience categories.
- Mixed gender sparring will be carried out. Females will be encouraged to wear chest guards and males wear groin guards as appropriate.
- Sparring at the dojo will be done on matted areas. Competitions are usually carried out on matted areas.
- Head injuries will be taken very seriously and treated accordingly ensuring treatment is received in a timely manner.
- A sports first aider will be present during sparring/competitions
- Avoiding exercises/stretching will be age appropriate

4. Weapons

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.