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**SAFEGUARDING IN MARTIAL ARTS**

**SAFE PRACTICE POLICY**

MO-ICHIDO 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, as such Mo-ichido Martial Arts will ensure all students will have an activity specific warm up prior to starting the main training session

1. **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.

* age is a consideration in regard to head contact Mo-ichido Martial Arts will ensure protective head gear, appropriate to the activity and level of contact will be available
* Any head contact allowed will comply with WUKF **(WORLD UNION KARATE FEDERATIONS)** competition regulations under 13 no contact, under 15 skin touch under 18 semi contact.

***During competitive events No Kumite will commence without an event dedicated qualified first aid team being present.***

* <https://www.wukf-karate.org/upload_legacy/rules/Rules-and-Index-Revision-English-Rev022-iv008-2019-03-04.pdf>
* equipment when sparring or in competition will comply with WUKF

**(WORLD UNION KARATE FEDERATIONS)** competition regulations, compulsory head/ groin guard, female chest, and gumshields for under, 13 years and everyone to wear mitts, optional body, foot and instep guards

<https://www.wukf-karate.org/upload_legacy/rules/Rules-and-Index-Revision-English-Rev022-iv008-2019-03-04.pdf>

* the age of the participants/athletes is a consideration when sparring or in competition,

Mo-ichido Martial Arts will will comply with WUKF **(WORLD UNION KARATE FEDERATIONS)** competition regulations,

<https://www.wukf-karate.org/upload_legacy/rules/Rules-and-Index-Revision-English-Rev022-iv008-2019-03-04.pdf>

No contact, pre-set sparring will be applied to students below Purple Belt during traditional Classes.

* height or weight of the participants/athletes is a consideration when sparring or in competition Mo-ichido Martial Arts will comply with WUKF **(WORLD UNION KARATE FEDERATIONS)** competition regulations, where possible instructors of traditional classes will match similar height and weight students.
* <https://www.wukf-karate.org/upload_legacy/rules/Rules-and-Index-Revision-English-Rev022-iv008-2019-03-04.pdf>
* Instructor Consideration of skill sets and ability must be taken with mixed gender sparring to ensure safety and control
* Competition mixed sparring will not take place?
* supervision of the athletes when sparring or in competition must be managed by a qualified referee panel or by a task specific instructor during traditional training
* when sparring or in competition, where possible, EVA foam mats will be provided for protection from slips trips and falls.
* Should a head injury occur NHS instructions on the head injury should be followed

***Go to A&E IF***

KNOCKED OUT

Vomiting since injury. Headache after pain relief

Change in behavior Memory problems

You have underlying medical conditions. Recent head surgery or injury

***CALL 999 IF***

KNOCKED OUT. Difficulty keeping eyes open

Has a seizure or fit Problems with vision

Bleeding or Clear fluid from nose or ears or bruising behind ear

Numbness or weakness in parts of body.

Problems with balance, speech or understanding

The accident was serious (ie car crash) or you need help to get someone to the hospital

***BE AWARE YOU MAY HAVE CONCUSSION IF symptoms start within 24hrs up to 3 weeks***

* appropriate medical supervision and equipment will be given consideration prior to kumite practice, when sparring or in competition, if there are no trained first aiders available NO kumite practice will occur.

1. When teaching junior classes all instructors will Avoid 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. **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:

1. Checking the matted area for suitability, particularly where the mats have been joined.
2. Checking that there are no hard surfaces or sharp/hard objects around the matted area.
3. Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.
4. **Weapons will not be used by students during routine traditional classes.**

**however should a guest instructor wish to teach weapon training, unless an appropriate risk assessment has been carried out and there are**

**(a)enough qualified instructors available**

**(b) enough safety equipment to ensure safe practice and no live blades are used**

**This session will not take place.**

***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 any training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.***