SAFEGUARDING CODE IN MARTIAL ARTS

SAFE PRACTICE POLICY

Legacy Combat Academy

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)

We have included the activities below as examples of what is included in the syllabus.

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. **Martial Arts involving throwing, grappling and strangling**

   Some examples are: Judo, Ju Jitsu and Aikido

   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:

   (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**

   (a) 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.

- *Head contact in club activities (in line with WT contact rules) is only permitted in controlled manner (*e.g., controlled, light contact, no follow through?) with headguards to mitigate risk of injury.

- Children and young people will use very light contact in practice and operate in competitions within the rules set by the National Governing Body

- All participants will need to wear WT approved protective equipment when sparring or in competition.

- Participants/athletes will take into consideration age guidelines when participating in sparring or in competition.

- At club level we will always consider height or weight of the participants/athletes when sparing or in competition ensuring safety of all through parity of competitors.

- Considerations are taken to minimize incidence of mixed gender sparring and competition and where it cannot be avoided then apply sensible measures to reduce mitigate any assessed risks.

- Full supervision by a qualified instructor/coach of the participants/athletes is fully considered when sparring or in competition in club classes.

(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

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.

Signed 

Designation: Chief Instructor

Organisation: Legacy Combat Academy

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