



SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB:- MBMAA (Mike Bushell Martial Arts 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)

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. Full dynamic and static stretching.

2. Martial Arts involving 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:

- (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.

We always work on a minimum contact attitude. Too much contact is not except able. Persistent heavy contact will result in a student being asked to leave.

- The age perimeters is:- Over 14 to 16 head contact is skin touch only. Under 14, zero head contact. (Scoring is excepted within 10cm of opponent).
- Hand, shin and instep and gumshield need to be worn during kumite. Without it there is a zero contact rule.
- In a competition, categories are broken down to sex of student and age.
- The height and weight In competition is as above. In class students of different ages and ability can train together with good control.
- Considerations with mixing genders is based on the rule set of the competition. We try to always split from all age groups.
- Sensei will always be supervising when sparring. He does not train and teach at the same time. Also assistants watch over.
- Mats will be used where possible. Where they are not, a no takedown policy is practiced.
- If a head injury occurs, first aid will be administered by the qualified instructors. If in doubt. Call 999
- Instructors are First aid trained. Competitions should supply them.

- (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.

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.