



SAFEGUARDING CODE IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB:- THE DOJO WOKING

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. 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 includes, but is not limited to:

- (a) Checking the matted area for suitability, particularly where the mats have been joined and the edge areas.
- (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:

Only light head contact is allowed for under 16s. We enforce re-coil off strike to prevent head injury.

For Koshiki Karate, we only allow head spikes when using Official WKKF Head guards

For UKAMA Combat League, we only allow head strikes when wearing a UCL Head guard that protects the whole head and face.

All light contact sparring is supervised by Head Coach to ensure guidelines are adhered to and anyone not abiding by these must sit out and spoken to by coach before return to sparring

Only children of similar age/size and weight are partnered up where possible. If this is not possible to match up, strict supervision is enforced and only for the purpose of technique training as opposed to sparring

Tatami style 40mm mats are used on all Dojo area for additional support and safety

In the case of any injury, we take them off the mat to seated area and check vitals by the First Aider. If concerned we contact parent and take the students the 10 minute trip to the walk in medical unit in Woking. In an exceptional circumstance, an ambulance is called

In competitions, we have Medical Supervision from St John's Ambulance and ensure that we have 4 medically trained Officers on site.

No cross gender sparring takes place in tournaments. It is permitted in technical training but not in competition.

A full set of Officials are present in tournaments and pre-tournament courses are run to cover all aspects of tournament, rules, safety, injury, refereeing and judging.

For very young U-12 athletes, we do non-head contact events to further reduce the risk of injury

We monitor students ability and do not enforce any excessive training that could lead to injury or long term damage such as over stretching or joint injury through impact.

4. Martial Arts involving weapons

We do not carry out training with live blades. These are only used by advanced Sensei and Shihan for demonstration. Safe protocols for the use of training weapons by children and only wooden weapons used

Good supervision is provided at all times by Instructors. No sparring or contact with weapons is permitted. It is for form only