



Safeguarding in the Martial Arts: Safe Practice Policy

Statement

A key component of all sports clubs should be focus upon the safeguarding of members, volunteers and coaches to ensure that policies and procedures are in place to support the club and its membership. Moon Tigers Karate aims to create an atmosphere which is positive and engaging for all members promoting an environment for successful learning objectives. All instructors are fully qualified and able to uphold the necessary safety requirements and martial arts discipline required. 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 accordingly.

(*includes vulnerable adults at risk)

Warm Up

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 any later activity.

Exercise Management

As the joints of children are still developing and can be easily damaged, Moon Tigers instructors avoid excessive stretching and exercises such as press-ups on the knuckles or hitting heavy bags.

Risk Management

Risks for those embarking on karate and self-defense skills 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;
- **Moon Tigers Karate promotes the stringent use of head guards, mouth guards, chest guards, shin and foot protection, when students are involved in light sparring activities and competitive activity.**
- **No student will be allowed to participate in sparring activities without wearing the correct protective equipment.**
- The use of light controlled contact with no follow through is always promoted to avoid students sustaining any injury.
- Students will only spar with those of a similar weight, strength and muscular/skeletal build and with those of similar grade.

- At present, when in competitive action, sparring is gender specific and we do not promote mixed gender sparring.
- No activity within the club takes place without full supervision by the Chief Instructor.
- Mats are provided as a safe, continuous surface during all activities.
- Risk assessments to the training environment are conducted on a regular basis to ensure there are no dangerous or protruding obstacles which could cause injury.

Should a head injury occur, the following procedure will be followed:

- The injured person will be kept still.
- Until medical help arrives, the injured person will be kept lying down and quiet with the head and shoulders slightly elevated.
- Should bleeding from a wound be present, firm pressure will be applied to the wound with sterile gauze or a clean cloth.
- The injured person will be observed for any changes in breathing and alertness.
- Should there be a loss of consciousness, the person's airway, breathing and circulation will be checked. If there is no evidence of spinal injury, the injured person will be placed in the recovery position and kept warm until emergency medical help arrives.
- If the unconscious person is not breathing, it may be necessary to move them carefully onto their back, while protecting their neck, so that they can receive CPR.
- An ambulance will be called immediately and the parent/carer of the child* will be notified.
- Emergency contact details are always available on-site for each participating student, giving details of any allergies, medical conditions etc.
- A trained first aider and a full first aid kit is always available on-site during every activity.

Use of Martial Arts Weaponry

Moon Tigers Karate also teaches weaponry to more advanced students of high grade. To ensure the safety of those participating, the following procedures are carried out:

- We ensure that there is always sufficient space to safely accommodate the activity to avoid inadvertently striking another student.
- No live blades are used, at any time.
- Protective head guards and mouth guards are used during all activities involving weaponry which is limited to training in nunchaku, bo-staff and tonfa.
- Only safe, approved, padded nunchaku are used for all activities involving children*
- All weaponry is checked on a regular basis to ensure that there is no damage that could cause injury.
- All activities are supervised, at all times, by the Chief Instructor.