



KOSMO
SHOTOKAN
Karate Club

SAFE PRACTICE

V1.0

July 2020

Learn. Strive. Inspire.

Martial Arts are activities where safe practice is essential to help prevent injury. Children and Adults at Risk 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)

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.

Students that are late will need to go to the side, and warm up before they are allowed to join the session. If the student is a 6th Kyu or below and/or under the age of 10, their warm up will be assisted by either an instructor, or a higher graded student.

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 includes, but is not limited to:

- Checking the matted area for suitability, particularly where the mats have been joined.
- Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- Having an experienced instructor who will ensure that children are taught to use locks, throws or strangles in a way which will minimise the risk of injury occurring during practice.

When practicing on an area that is not covered with mats, it is the responsibility of the instructor to carry out a dynamic risk assessment and ensure the safety of participants.

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.



Sparring & Head Contact through Sparring

Any member deemed competent by an instructor can engage in head contact and is always subject to a dynamic risk assessment.

Contact must be controlled and light.

Participants MUST wear Mitts and a Mouth Guard during Sparring

The use of other Protective Equipment, including, but not limited to:

- Groin Guard / Breast Guard
- Head Guard
- Shin Guard
- Foot Guard

Is recommended, but not mandatory.

These rules may vary in competitions, depending on the rules and risk assessment of the host.

When engaging in sparring, participants are placed together with considerations of their:

- Ability
- Age
- Weight/Height

All activities in the dojo are generally overseen by a qualified instructor and clear instructions are always voiced by the instructor when conducting any type of partner work and it is the student's responsibility to ensure safe practice by following instructions given.

In the event of a Head Injury

Participants are treated accordingly, by a member of the team who is qualified to administer suitable first aid.

Participant will be sent home with a Head Injury Advice Card or Head Injury Information Sheet

Stretching

Instructors encourage all students to stretch to their ability and avoid excessive stretching as the joints of children are still developing and can be damaged by these exercises.

Instructors will never ask, or expect, a student to undertake any press up's on their knuckles.

Care should be taken for students under 12, when hitting heavy bags.



Martial Arts involving weapons

- No live blades (sharp or otherwise) unless directly overseen by a suitable instructor
- Safe protocols for the use of training weapons by children
- Good supervision at all times by Instructors

During any session, regardless of activity, clear instructions are always voiced by the instructor when conducting any type of partner work and it is the student's responsibility to ensure safe practice by following instructions given.

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.

