



# SAFE PRACTICE POLICY



## **SAFE PRACTICE POLICY**

Martial Arts are activities where safe practice is essential to help prevent injury. Some students can be vulnerable therefore training methods may need to be adapted.

### **WARM UPS**

- All classes require to first include a thorough warm up applicable to the activity. To aid reduction of injury, care should be given to the muscle groups which will be used to the specific techniques.

### **MARTIAL ARTS INVOLVING TAKEDOWNS, THROWS, SWEEPS, GRAPPLING AND STRANGLING**

- The risks include falling on unsuitable surfaces, landing badly, damage to the joints from locks and strangulation.

### **SAFE PRACTICE REQUIREMENTS: -**

#### **MATS**

- Checking that the matted area is safe, especially where mats are linked. Utilise jigsaw mats which allow interlocking to negate mats moving apart.
- Mats to be placed on level ground and have sufficient grip underneath.
- Making sure there are no hard surfaces or sharp objects around the matted area.
- Mats are checked and cleaned regularly.
- Repair/replace any mats which may have been damaged/worn.

#### **TAKEDOWNS, THROWS AND SWEEPS**

- Students are taught break falls from basic steps whilst under supervision.
- Takedowns, throws and sweeps are taught after learning how to break fall safely.
- Advise the students to ensure they have adequate space for any technique shown.
- Application of techniques are supervised.
- Students are asked to apply the technique slowly until they learn the necessary control required.

#### **LOCKS**

- Application of locks are supervised.
- Students are taught to apply the technique slowly until they learn the necessary control required.

#### **BLOCKING**

- Students are taught to move in a safe position by evading and applying blocking techniques.



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### **STRIKING AND KICKING**

- **Students are taught how to control their striking and kicking techniques through practice on focus pads, strike shields and to each other.**
- **Consistent reminders on how to avoid injury.**

### **WEAPONS**

- **Practice with all weapons are carefully demonstrated for the level of skill needed to develop.**
- **Weapons are only allowed to be practiced in a Club environment, or on Courses/Seminars.**
- **Use of weapons are not allowed within a School environment.**
- **Foam weapons are used for students under the age of 18 years.**
- **Adults progress to wooden/metal weapons.**

### **SPARRING**

- **All students are paired up with someone of appropriate size and skill. Gender is not a consideration as everyone is treated equally as this would equate with real life.**
- **All students have a variety of equipment to utilise for sparring e.g. their own boxing gloves, shinguards, or headguards.**
- **At the moment, no children or adults are utilising head contact. If this changes within the near future, we will take the appropriate safety measures including headguards, mouthguards and the continued use of foam weaponry.**
- **If utilising weapons within sparring for any age group, they are always made of foam and considered safe to use.**