



# SAFEGUARDING IN MARTIAL ARTS

## SAFE PRACTICE POLICY

NAME OF CLUB:- White Tiger Martial Arts

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 and gentle stretching 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. Kickboxing Taught at White Tiger Martial Arts involving strikes, punches and kicks

#### SPARRING DURING KICKBOXING CLASSES ALL WITHIN THE WHITE MARTIAL ARTS SYLLABUS

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.

- a. No contact to the head for ages 12yrs and below
- b. Controlled light contact for ages 13 years and above is allowed. A Standardised kit will be accepted, although it is advisable to purchase a tested and endorsed club kit by white tiger martial arts is preferred and must be worn at all times during sparring.
- c. Wearing sparring kits ensures students are adequately protected. All students must own full sparring kit (mitts/boots/gum shield) from yellow belt upwards. At competition, all body protection must compliant with the rules of that organisations governing body.
- d. Sparring is allowed from ages 5 years and above (provided they are wearing protective equipment) In competition, students can compete from age 7yr.
- e. Students will be paired where possible to similar age / grade when sparring. Students who compete are categorised to their respective age / weight.
- f. Mixed gender (age /size / grade consideration) sparring may take place within the school but not at competition.
- g. No sparring takes place within the school or at competition without the supervision of a coach. Where there are mats offered within the school these will be used for sparring. Mats are compulsory at competition.

- h. Light contact only, especially to the head. (Light contact means the technique is targeted but controlled so that whilst the opponent is touched the technique is not followed through). Expert advice from a neurosurgeon is that the use of helmets, mitts or foot pads does not eliminate the risk of brain injury from full contact strikes.
- i. 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 exercise
- j. 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.

**ALL WHITE TIGER MARTIAL ARTS INSTRUCTORS ARE QUALIFIED, INSURED, DBS & FIRST AID RECOGNISED.**