# Safe Practice

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)

## When we warm up

All activities 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. No excessive stretching and exercises such as press-ups on the knuckles; the joints of children are still developing and can be damaged by these exercises.

## When we train in 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:

a. Checking the matted area for suitability, particularly where the mats have been joined.
a. Checking that there are no hard surfaces or sharp/hard objects around the matted area.
a. Having an experienced instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

## When we involve 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.

- Head contact is restricted to light “point sparring” contact only
- Double dipped foam protection is required in all sparring matches
- Divisions are grouped by age and biological gender to minimise differences in weights/heights durring sparring
- Should injury occur our trained judges will immediately call for nominated and dedicated First Aid trained members to attend
- All sparring is run by experienced adult instructors only


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# Safe Practice

## When we train with weapons

The risks include but are not limited to: Sustaining cuts or injury from the impact of weapons, damage or injury to others.

a. No live blades (sharp or otherwise) in the training hall when children are present
a. Safe protocols for the use of training weapons by children
b. Good supervision at all times by Instructors

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.


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