

SAFE PRACTICE POLICY

SAFEGUARDING IN MARTIAL ARTS

Direct Martial Arts Academy

Here at Direct Martial Arts Academy our priority is everyone's **safety.**

We aim to always have a team of fully qualified and professional instructors that are committed to helping our students reach their full potential in the safest way possible by practicing the policies below.

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.

Sparring

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head; damage to the joints from locks; strangulation hence we put in place these safe practices:

- (a) Mats should be checked for suitability, particularly where the mats have been joined. Floors must be padded vinyl type.
- (b) All floor surfaces must be clean and devoid of all sharp objects.
- (c) Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

Martial Arts involving strikes, punches and kicks

- (a) No head contact is permitted for all students. A head gear is recommended for students.

- (b) 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 exercises.

Martial Arts involving weapons

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

Lighting

Lighting must be adequate for safe vision. Artificial lighting should be well positioned to avoid glare and direct shine. Curtains or blinds should be used to prevent glare from the sun.

Heating

Instructor must use common sense regarding a suitable temperature in which to conduct a lesson. As a guide, this is comfortable room temperature (around 18c). It is important to have and to use an adequate heating system. If it particularly cold, the instructor may encourage students to wear an extra layer of clothing for the warm-up.

Ventilation

Fresh air is necessary for strenuous exercise, and there should be provision for opening windows, doors or operation of extractor fans.

CHANGING FACILITIES

Ensure a clean, tidy and well stocked changing rooms and toilets. Since the facility is rented, when the sports center and facilities are not adequate, the Instructor should lobby facility management for improvements.

EMERGENCY EXITS

Fire escapes should be clearly marked and known and kept free from obstruction. A central assembly point should be known and detailed.

EQUIPMENT

Any equipment used should be in safe working order, and only used by appropriate groups. Members should be encouraged to use recommended protective equipment. For example, gum shields and groin guards. Students who need glasses should wear 'Sports-safe' type, and not be allowed to spar without these or suitable contact lenses. No jewellery should be worn, and nails should be short.

Most importantly, ensure having a qualified and experienced instructor to all classes 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.