

# SAFEGUARDING IN MARTIAL ARTS

## SAFE PRACTICE POLICY

NAME OF CLUB: TTKD TAEKWONDO CLUB

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. Health Questionnaire

All new members are required to fill a health questionnaire before the join or have a trail session at TTKD.

They are also being inform of all hazards and possible risks of practicing Taekwondo.

Where children are joining Taekwondo parents are informed of any hazards or risks associated with the sport.

A compulsory personal insurance is issues for every member with co-ordination of British Taekwondo (The national governing body for World Taekwondo in the UK).

### 2. 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.

### 3. Self defence

Safe practice includes, but is not limited to:

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

### 4. Sparring involving 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.

- (a) All instructors are aware of the risks and all effort is made to eliminate unnecessary risks while training is taking place.
  
- (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.
  
- (c) 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.