



CENTRAL KARATE ACADEMY

Central Karate Academy

Safe Practice Policy

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Warm-Ups

At Central Karate Academy, it is compulsory that a thorough warm up has been completed prior to any training in the lesson. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

Martial Arts involving dropping

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 should include, but is not limited to:

- **Checking the matted area for suitability, particularly where the mats have been joined.**
- **Checking that there are no hard surfaces or sharp/hard objects around the matted area.**
- **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

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.

The following measures are in place, depending on the student's age, to ensure the safe practice policy is met:

- **Head contact is only allowed if both students are wearing mitts, gumshield, and a headguard. Head contact must be light contact only.**
- **Students over the age of 14 years old are allowed to use head contact if both participants agree.**
- **Ages are always considered during sparring. Instructor ensure that students only spar people of a similar age.**
- **Height is also considered during sparring, as well as age, we ensure student partner up with people of a similar height.**
- **Depending on the sparring style, matts are always available for students to use – the instructor will make a decision prior to the lesson to ensure that matts are set up.**
- **All instructors are First Aid trained so if any head injury does occur, immediate support can be offered to the injured participant. We encourage that student to sit out whilst relevant**

First Aid is being administered.

- **Mixed gender sparring can take place in the lesson. Students are allowed to decide who they want to spar with so they are comfortable during that activity. Our lessons are always mixed gender so it wouldn't be unusual for different genders to spar each other.**
- **Supervision is compulsory during sparring. During a lesson, there's always 1 instructor teaching, alongside 2 other instructors training. During sparring, the 2 other instructors help rather than participating – this ensures the activity is safe to take place.**
- **We discourage children under the age of 16 to participate in knuckle press-ups due to their bodies still developing and they could easily injure themselves during this activity. Alternatives activities such as normal press-ups is encouraged.**

Martial Arts including weapons

The only weapon used at our Academy is a B.O. This activity is delivered by 1 instructor once a month and it is compulsory for 2 other instructors to assist in the lesson.

Safe protocols are in place to ensure this activity is safe for all students. Children under the age of 7 use foam noodles instead of the usual wooden staff. In all lessons, the line structure is rearrange meaning more lines are formed, with less students on a line. This avoids any possible injury from another person.

Our Safe Practice Statement

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 martial arts.