SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

Kuk Sool Won of Colchester

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 include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention are paid to muscle groups and Joints that will be used during later activity.

2. **Martial Arts involving 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 should include, but is not limited to:

   (a) Checking the matted area for suitability, particularly where the mats have been joined.

   (b) Checking that matt's are not damaged, torn or frayed.

   (c) Checking that there are no hard surfaces or sharp/hard objects around the matted area.

   (d) As grappling is an integral part of Kuk Sool won, under 16 (and vulnerable adults) are show alternative methods of grappling and strangling techniques.

   (e) Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

3. Martial Arts involving strikes, punches and kicks

(a) 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.

Kuk Sool won student to develop the skills to spare with other students within the club and national competition. WKSA has a roles regarding the type of equipment and the kind of contact that is allowed.

- *Sparring session is based on points and there should be very light to no contact for all competitors.
- Safety of competitors is paramount during sparring session therefore all student must wear head guards, sparring gloves and gloves when sparring
- Student will normally spare with competitor of the some size, weight, age group and grinder.
- Sparring session are normal conducted under the supervision of a referee and where possible line judges
- In the unlikely case of an injury there will always a first aider in the facility to attend to injured competitor.
- If Competitors are attending a national or Europe tournament, there will allows be a paramedic in attendance.

Sparring session will always be conducted on the matted area of the Dojan / hall.

(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.

4. Martial Arts involving weapons

Safe practice should include but is not limited to:

(a) No live blades (sharp or otherwise) in the training hall when U16 are present
(b) All students practicing staffs and or sword must ensure that they at least 2m away from other students
(c) All students training with weapon will be under supervision of an instructor.

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that children and vulnerable adults are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning Kuk Sool Won