



# SAFEGUARDING IN MARTIAL ARTS

## SAFE PRACTICE POLICY

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)

### Warm Ups

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.

### Throws / take downs

Typically used as part of more advanced self defence.

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head; damage to the joints from locks; strangulation.

LTKD trains in a shared community centre that has a hard floor. Mats are used that are joined together to provide appropriate coverage, depending on what is being practiced.

Mats are placed away from the wall and suitable distance from any other hard objects.

Students are instructed to check the mats after the execution of each move / sequence. If the mats have moved, they are to be reset.

Students are instructed to start on the mats in an appropriate location, relative to what is being practiced, to ensure sufficient mat coverage exists.

An instructor will observe the practice and students are exercising appropriate control and executing the moves correctly so as not to cause injury.

### 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.



## Littleover Taekwon-Do Club

Under 16's are not to do press-ups on the knuckles.

Under 16's are not to hit bare breaker boards (the resin tongue & grove type boards). Only boards with foam protection are used up to 2<sup>nd</sup> kup (black tag). At 2<sup>nd</sup> / 1<sup>st</sup> kup, appropriate wooden boards may be used, taking in account age and ability of the student.

### Free sparring

All free sparring will require the student to wear as a minimum: head, hands, feet and groin protection. Gum shields recommended. Shin guards optional.

Free sparring is light contact only.

Where students are not comparable size matched, additional care must be taken by the larger student.

The club strives to keep sparring partners of the same gender together. Where this is not possible, mixed gender sparring is permitted subject to student consent.

Instructors will swiftly intervene if light contact isn't maintained. Students struggling to exercise control will be restricted to sparring with instructors only until appropriate control can be consistently demonstrated.

Sparring will cease immediately if the instructors shout 'goman' (ITF TKD term for 'stop').

Instructors will monitor for over enthusiasm and require students to spar within safe contact boundaries and aligned to the techniques they have been taught.

Students are reminded to remain spatially aware whilst sparring.

Should a suspected head injury occur, the student is to stop participating in sparring for the remainder of the lesson. For children, the parent / guardian is advised to watch for signs on concussion. The NHS provides guidance on concussion here:

<https://www.nhs.uk/conditions/head-injury-and-concussion/>

If the event of either confirmed or suspected concussion, there is a minimum Return to Play (RtP) period of 28 days.

The club has an up to date first aid kit, including cold compression packs for use for sprains.

### Bag / pad usage

This includes punch mitts, kick shields, paddles. Typically, where one student is striking and the other is holding the pad.

Under 16's are to avoid trying to execute excessive power against pads. Care to be taken to ensure students don't get carried away.

The student holding the pad is instructed how to correctly hold it, including appropriate stance.



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Focus pads are not to be held directly in front of the face (to avoid the strike pushing the pad back into the face of the person holding the pad).

For kick shields, the shield is to be held at an appropriate height for the capability of the student executing the kick. A 'measure up' is used first to gauge height, in particular for younger / newer students.

### Weapons

The club very rarely uses weapons. Weapons do not form part of the coloured belt syllabus.

Where weapons are used (e.g. black belt sessions, or demonstrations) only training weapons are used. For example , rubber knives.

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