Safeguarding in Martial Arts

Derbyshire Dragons Safe Practice Policy

Martial Arts is an activity 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 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.

2.Martial Arts involving takedowns

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head
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 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.

3.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.

• Controlled light contact for ages
• All students must have full safety gear of approved standard, no sharing of equipment to be allowed.

• Sparring is allowed from ages 6 years (provided they are wearing protective equipment).
• Students will be paired to similar age / grade when sparring. Students who compete in Sparring are categorised to their respective age / weight.
• Mixed gender (age /size / grade consideration) sparring may take place within the club but not at competition.
• No sparring takes place within the club or at competition without the supervision of a coach.
• Where there are mats offered within the club these will be used for sparring. Mats are compulsory at competition.
• If a head injury occurs, first aid checks are carried out;
Medical Emergency Services will be immediately called if the student is
showing any of these symptoms:
a) lost consciousness (even for seconds)
b) difficulty to console
c) complains of head & neck pain
d) hard to comfort
e) is not walking or talking normally
f) vomits

If a student has not lost consciousness, is alert and behaving normally after a blow or hit;
a) ice pack may be applied to the injured area
b) student will be asked to sit out and will be monitored by the instructor
c) if possible to contact the parent / carer they will be advised to collect their child and seek a medical check up.

All coaches carry a checked First Aid Kit (includes ice packs) and have up to date first aid training. At competition, there will always be a medical team available within the competition area.
• Students will not be taught to demonstrate 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.

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.