

# AllFitness Karate Safe Practice Policy



Karate is a martial arts activity where safe practice is essential to help prevent injury. Children, young people and adults at risk are particularly vulnerable as they are still developing mentally and physically, so training methods may need to be modified as described below.

AllFitness Karate incorporates a minimum age of 5 years old as generally, the younger the child, the shorter the attention span. As a beginner, 45 mins – one hour is generally considered sufficient training time for a young child.

## Instructors

All instructors undertake adequate and appropriate training through attendance of courses.

All instructors hold an enhanced DBS and are registered with the update service.

## Warm ups

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

## Karate that involves throwing and grappling

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 experienced instructor who will ensure that children are not taught moves which will cause injury.

## Karate involving strikes, punches and kicks

Safe practice should include, but is not limited to:

- Having an experienced instructor who will ensure that children are not taught to use strikes, punches or kicks which will cause injury.

## Karate involving head contact

No head contact is permitted for children participating in kumite or partner work due to significant, evidenced based health concerns surrounding the impacts of concussion.

All instructors are made aware of the permitted head contact and will advise and coach children and young people accordingly.

If a head injury occurs, then appropriate first aid advice will be sought.

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## Sparring

All students will wear appropriate safety equipment and as minimum this will include:

- Gum shield
- Body amour
- Mitts and shin pads

Sparring partners should be of the same approximate height and weight.

Children should concentrate on the development of speed, mobility, skill and general fitness.

## The training environment

The training environment will include appropriate floor covering (mats) across the area.

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that children are not exposed to risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.