

SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

NAME OF CLUB: - **Modern Association of Combat and Kick Boxing (M.A.C.K)**

M.A.C.K is committed to **SAFE PRACTICE** in Martial Arts to reduce the risk of injury to all our members, children and adults alike. Our classes are split into age groups starting with our **Mini Ninja's** foundation program for ages 4 to 6yrs, our next group is our **Junior Warriors** program for ages 7 to 12yrs, followed by our **teenage and adult group** from 13yrs and above.

All age groups have their own grading syllabus geared to their age group so we have a progressive 3 stage syllabus program.

This helps us with **SAFE PRACTICE** as our classes are easier to make sure age and size range of the students are very similar which minimizes the risk of injury.

Where ever possible students are always matched evenly during any partner work or combat sparring segments of our classes.

Preparation for class: **SPACING** we try to ensure that at the start and during our classes we space students a safe distance apart, and especially with younger students brightly coloured rubber discs are used as markers where students are to stand.

WARM UP all students will be prepared for activities in the class by way of a warm up routine at the start of every session.

The warm up will consist of cardio, mobility, flexibility and brain stimulation like using upper and lower limbs at the same time with different patterns of movement which happens when actually practicing their martial arts.

Type of warm up will be geared to the age and capabilities of the group session.

This warm up is to help prepare the body and mind for the class and help reduce the risk of injury, boost fitness and good mental health.

Combat: **SPARRING** combat sparring is an essential part of our syllabus but it is also essential that we reduce the risk of injury to the head and body so that it can be a safe and enjoyable part of our activities.

We work for **BEST PRACTICE** in all the elements of our training to reduce the risk of injury and we have trained first aiders and first aid kits on site should any injury occur. All activities will be supervised by qualified and experienced instructors with the aid of assistant instructors and those students who have entered into the MACK LEADERS training program under our supervision.

LEVELS OF COMBAT Mini Ninja's 4-6yrs - one step **only**, no full sparring and **no head contact**.

Junior Warriors 7 to 12yrs – full sparring **light contact** with **no head contact** unless entering and preparing for external competitions with parental consent for head contact.

13yrs plus – full sparring **light contact** with **controlled head contact**, some older teenagers and adults may do **heavier** sparring or enter external competitions **with head contact**.

Before their first combat sparring session all students will be given a talk on the need to respect their training partners during the sparring session and have control over their techniques, with no wild throwing of punches and kicks in an unsafe manner, and that informed controlled technical sparring is what is required.

PROTECTIVE EQUIPMENT protective equipment works both ways, one it cuts down the risk of injury for the person wearing it and also protects the other person who is on the receiving end of punches and kicks.

12yrs and under will wear a full combat sparring kit which will include body armour as all of their punches and kicks will be aimed at the body. Head and mouth guards will still be worn just in case someone accidentally gets hit in the face or head.



13yrs and above full combat sparring kit will be worn but no body armour is required as the volume of blows are not concentrated solely on the body target.

Full combat sparring protective kit as above – 10oz boxing gloves, safety kick boots, safety shin pads, safety head guard, safety body armour, safety mouth guard, safety groin guard (male). Shin and instep safety protectors may be worn when combat sparring involves low point kicks.

It is the student's responsibility to ensure they have all relevant safety equipment with them when attending their classes.

If the training area does not have matting on the floor, techniques such as **sweeps** will not be permitted during the combat sparring sessions, this will reduce the risk of falling to the ground.

Pad work: **SAFETY PROTECTION** again pad drills are an essential part of our training syllabus, but again reducing the risk of injury is equally important.

When practicing pad drills with the hands, safety hand gel wraps with wrist support will be worn under our leather padded safety bag gloves seen below.

The wearing of these protective items will support and reduce impact and the risk of injury.



Two examples of pads we use are shown above, a pair of focus mitts and a striking paddle.

We also use other pads such as kick shields, Thai pads, and belly pads or a mixture of more than one type of pad. All pads will be checked regularly to make sure they are in good order and fit for purpose.

INSTRUCTION FOR PAD WORK when performing pad drills this is done in a partner work session of the class. All students will be shown how to hold the pads as well as how to hit the pads.

HOLDING THE PADS to reduce risk of injury, when it is their first time all students will be instructed on how to hold the type of pad they are about to use, this will include how to hold the pad itself, what height and position to hold the pad, what angle to hold the pad, how and where they should be standing or moving, and how to move the pad if necessary to meet the strike.

STRIKING THE PADS to reduce the risk of injury all students will be instructed that they are about to do impact work so the importance of shaping the hands and feet and bracing them for impact work and striking with the right part of the hand or foot is very important.

Throwing and take down practice: **FLOORING** to reduce the risk of injury all flooring must be matted and suitable for the execution of throwing and take down techniques.

BREAKFALLS to reduce the risk of injury all students will be instructed on how to break fall for that particular throw or take down technique.

Weapon training: **SELF DEFENSE** in knife and stick defense sessions all weapons will be safety training aids, made of rubber or wood and no live or metal or sharp edged weapons will be used on class.

Close and attentive supervision will be applied during this type of training session.

Maintaining discipline and respect whilst making the training sessions enjoyable and informative under experienced and qualified instructors will help us achieve **SAFE PRACTICE**.

This policy will be reviewed annually and any amendment recommendations to be listed one month before review date.

