**SAFEGUARDING IN MARTIAL ARTS**

**SAFE PRACTICE POLICY**

NAME OF CLUB: Gracie Barra Street

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)

All training to be undertaken in the presence of a fully qualified first aider.

Regular first aid training opportunities provided.

Covid safe environment ensured during times of concern. (Safety measures in place – cleaning of mats, equipment, individual training areas marked out, air ventilation systems in place, hand washing stations, covid safety training undertaken) Separate risk assessment completed for this.

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.

1. **Martial Arts involving throwing, grappling and strangling**

Some examples are: Juijitsu, Judo, MMA

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:

1. Checking the matted area for suitability, particularly where the mats have been joined. Mats to be thoroughly cleaned after each training session.
2. Checking that there are no hard surfaces or sharp/hard objects around the matted area.
3. Having an experienced instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.
4. Coaches of children’s classes to hold enhanced dbs certificate
5. Coaches to consider size and weight of members when pairing up to spar/train. (Mixed gender sparring is permitted except where a parent has requested for this not to happen for their child)
6. Coaches to promote hygiene routines for members – encourage cleanliness and educate on safety and hygiene matters.
7. **Martial Arts involving strikes, punches and kicks**

**Thai Boxing, Boxing, MMA**

1. 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.

* Head contact permitted only in children over 12 with headguard, mouthguard, correct gloves
* Head contact only for adults with specified equipment (mouthguard, correct gloves)
* Sparring only to take place with specified equipment (groin guard, mouthguard, gloves for striking)under the supervision of a coach and in the presence of qualified first aider
* Coaches to consider size, weight and ability when pairing up for sparring (Mixed gender sparring is permitted except where a parent has requested for this not to happen for their child}
* Sparring only to take place on matted area.
* In the case of head injury, treat by qualified first aider. Contact next of kin and request further medical treatment/assessment from hospital medic if required.

***\*Best practice recommended by the Martial Arts Safeguarding Group is to consider the complete removal of any head contact from training and competition for U16s.***

1. 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.

Members (or parents) must make coaches aware of any medical issues before training.

Adults must make training partners aware of any medical condition which may affect their training practice.