**Safeguarding in the Martial Arts: Safe Practice**

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)**:**

1. **Warm Ups at ISK Martial Arts**

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. **Throwing, grappling and strangling at ISK Martial Arts**

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.
2. Checking that there are no hard surfaces or sharp/hard objects around the matted area.
3. Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.
4. **Strikes, punches and kicks at ISK Martial Arts**

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.

1. Light contact only, especially to the head. (Light contact means the technique is targeted but controlled so that whilst the opponent is touched the technique is not followed through). Expert advice from a neurosurgeon is that the use of helmets, mitts or foot pads does not eliminate the risk of brain injury from full contact strikes.
2. 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.
3. **Weapons at ISK Martial Arts**
4. No live blades (sharp or otherwise) in the training hall when children are

present

1. Safe protocols for the use of training weapons by children
2. Good supervision at all times by Instructors

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 a Martial Art.

**ALL ISK MARTIAL ARTS INSTRUCTORS ARE QUALIFIED, INSURED, DBS & FIRST AID RECOGNISED.**

**Within all location’s throughout ISK Martial Arts, care and safeguarding is paramount.  The duty of care and instruction is constantly monitored and adhered to by all our instructing/staff team.**

**Robert James**

**Founder / Chief Instructor – ISK Martial Arts**