

SAFEGUARDING IN MARTIAL ARTS

TAO YIN ARTS SAFE PRACTICE POLICY FOR TAI CHI & KUNG FU



1. 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 muscle groups that will be used during later activity.

2. Martial Arts involving throwing, grappling and strangling

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:

- (a) When throws and some strong take downs are practiced (teacher will assess risk against each technique)
- (b) Checking the matted area for suitability, particularly where the mats have been joined.
- (c) Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- (d) 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.

- (a) Tao Yin Arts has a strict no sparring policy for all grades below black belt
- (b) Tao Yin Arts only allows light contact to the head and any part of the body whether from a strike or kick for all students irrelevant of age
- (c) All students in particular under 18's are closely supervised to make sure they are safe and don't suffer any injuries.
- (d) The height or weight of the practice partners should be similar to make this fair for each individual when training together
- (e) We have first aid trained individuals always present when participants are training.
- (f) 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.

4. Martial Arts involving weapons – staff and sword

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.

- (g) Tao Yin Arts has a strict no sparring policy for all weapons training
- (h) Tao Yin Arts does not only allow any strikes to any part of head and body
- (i) Partner weapons work is only taught in a sticky hands context and does not contain

striking elements

- (j) All students in particular under 18's are closely supervised to make sure they are safe and don't suffer any injuries.
- (k) We have first aid trained individuals always present when participants are training.

At all times there will be a suitably qualified and experienced instructor who will ensure that children are not exposed to the above risks and who will make any training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.

General risk assessment:

- Any student with a potentially serious medical condition or who is feeling unwell should alert the coach to this prior to the session.
- All accidents / injuries must be reported to the coach who will provide first aid cover; contact the emergency services where required and completes an accident record form.
- All instructors are first aid trained (including CPR).
- First aid box carried in the instructor's bag and accident record which can be found in the coaches' manual.

Specific risk assessment:

Hazard	Control measures in place	Risk factor	Additional measures
Health and medical issues exacerbated by training (asthma, muscle / joint pain, etc)	Pre-membership health checks. Instructor awareness of any existing medical conditions, symptoms and treatments. Emergency contact details to be provided. Epipens, inhalers to be provided by student	Low / medium	Trained first aider always present First aid kit always on hand Instructor lesson plan and adequate class supervision
Strained or torn muscles and ligaments through improper warm up.	Thorough warm up with instructor using correct warm up techniques.	Low / medium	
Trips / body / foot damage from floor / other items such as open doors	Thorough assessment of training hall to ensure floor is safe and no protruding elements	Low	
Dizziness, hyperventilation and nausea.	Dizziness and hyperventilation can occur during strenuous exercise in less well conditioned people and is generally alleviated by improved physical condition. Nausea can also result from eating a large meal too soon before training.	Low	Instructor to be aware and observant and modify exercises to suit different students requirements
Dehydration.	Large quantities of fluid can be lost during strenuous exercise, particularly in hot weather. It is important to ensure adequate hydration before training and to rehydrate adequately when training is over	Low / medium	At any point during sessions people can stop and drink
Overheating / heat stress	During warmer weather ensure windows are open and AC is used if installed. Ensure plenty of stop and rink points. Modify training session to suit temperature conditions	Low	At any point during sessions people can stop and drink
Head and body bangs due to collisions	Allow maximum amount of people depending on hall size. Allow suitable distance between people when training Ensure no running around in the hall prior, during and at the end of training	Low	Instructor to continually assess training hall and the space people have.
Fire	Club coaches to familiarise themselves with the fire procedures for each hall in which they instruct. This includes, but not limited to, nearest exit and evacuation assembly points.	Low	