



Yates Martial Arts and Fitness **Health and Safety Policy**

This policy provides guidelines that are intended to create a safe training environment for all students. Yates Martial Arts and Fitness considers student welfare as a priority.

In order to provide a safe environment, Yates Martial Arts and Fitness will observe the following guidelines for the supervision of its students:

- Conduct a check on the hall upon arrival ensuring that it is safe for use and removing any potential hazards.
- Clear up any spillages and cone off the area until completely dry.
- Site managers, and if necessary the police, will be informed of any suspicious characters loitering in the vicinity of our activities.
- A responsible adult will be at the exit to ensure no child leaves the premises unsupervised without parental permission.

To promote good, safe practice Yates Martial Arts and Fitness instructors and volunteers will observe the following guidelines:

- Ensure that a first aider is present in each session
- Ensure that a first aid kit is available
- Ensure that an accident form is completed in the event of an accident
- Parents advised of any injuries sustained during the session
- Encourage students to bring water to each session and offer drink breaks to prevent dehydration.
- Fire register to be completed each session
- The instructor will safely lead members to the nearest exit in the case of a fire
- Students made aware of fire procedures
- Instructors to be informed of any/all medical or special needs
- Inspect equipment for signs of wear and tear that may hinder its safe use
- Take care with certain exercises, stretches and equipment. Always take into account age, grade and ability of students- one size does not fit all- differentiate activities accordingly

- Instructors will challenge inappropriate behaviour and issue punishments accordingly. Parents may be called or police contacted if this is threatening the safety of other members or themselves
- The club and instructor has the ability to revoke licences and memberships if abusive behaviour continues
- Instructors will encourage students to ask questions to clarify understanding before performing movements to avoid incorrect technique or misunderstandings of a task resulting in injury
- All members must notify the instructor if they believe they are pregnant before engaging in the session
- All members must notify the Instructor if they begin to feel unwell or are in pain so the first aider can offer assistance or the students parents or emergency contact can be notified and the student sent home or to hospital
- A warm up and cool down will be performed prior/post session in order to reduce risk of injury
- Students are taught how to safely use each piece of equipment before use
- Students will be requested by the instructor to wear the appropriate uniform and not wear any jewellery or objects that can cause harm
- Long hair is advised to be tied back and nails to be kept short to avoid injury

Karate and kickboxing is an oriental system of unarmed combat using the hands and feet to deliver and block blows to the body. It involves punching, kicking and blocking and can occasionally result in injury.

Karate and kickboxing involves strikes, punches and kicks.

Taking part in karate and kickboxing can be risky and the risks include but are not limited to:

- Bruising
- Injuries to the face such as nose bleeds or broken noses
- Concussion is also a possibility from strikes to the head
- Broken bones (fingers and toes especially)
- Injury from inappropriate stretching and other exercises such as a torn muscle or ligaments are possible

NB: However, this list is not exhaustive.

Safe practice when sparring and in Kumite

- Contact must be controlled as best as possible to avoid serious injury
- Full contact is forbidden at this club

- In particular with children 12 and below no touch to the face/ head is permitted, only light touch if wearing a helmet
- Sparring in training is supervised and monitored
- All members will be taught how to break fall once eligible to start sweeping to ensure safe landings
- It is compulsory for all students to wear hand mitts or appropriate ounce boxing gloves, gum shield as well as shin and foot pads. If the student does not possess any of the previously mentioned protective equipment they are not permitted to make contact or receive contact
- Body protection is advised for karate students aged 12 and below
- Female participants 12 and above are encouraged to wear chest protection
- Male participants 12 and over are encouraged to wear groin guards
- Helmets are advised to be worn for both karate students 12 and under and kickboxing students of all ages

(September 2023)