

## **Safe Practice Policy**

**Club Name:** Black Scorpion Karate CIC

### **Introduction**

Black Scorpion Karate CIC is committed to providing a safe, family-friendly environment for all students. As a Shotokan, light-contact karate club, we ensure that all training sessions are conducted with careful attention to safety for all age groups, from young children (starting at age 4) to adults. Our commitment to safety aligns with our values of inclusivity and personal growth for all members.

### **Warm-Ups**

All training sessions include a thorough warm-up, designed to prepare students physically and mentally. Warm-ups target muscle groups that will be actively used in each session, with adjustments made for the specific age and development stage of participants.

### **Karate Practice and Contact Levels**

As a light-contact Shotokan karate club, we limit the degree of physical contact to ensure safety, especially for children under 16. The following guidelines apply:

- **Head Contact:**
  - For students aged 10 and above, only controlled, touch contact to the head is permitted during sparring. This involves light, controlled touches without force or follow-through, focusing solely on technique rather than impact.
  - For students under the age of 10, all forms of head contact are strictly prohibited to ensure safety and reduce any risk of head injuries.
- **Body Contact:** Controlled body contact is permitted within sparring practices, with no heavy strikes allowed. Emphasis is placed on control and technique rather than force.
- **Protective Equipment:** Students are required to wear appropriate protective gear, including gloves and mouthguards during sparring. Additional protection, like chest guards and helmets, may be used based on individual needs and competition requirements.

### **Mixed Age and Gender Training**

Given our inclusive, family-focused approach, we conduct mixed-age and mixed-gender classes while ensuring that activities are safe and respectful. Instructors are vigilant in

balancing physical abilities and maintaining an atmosphere where all students feel comfortable and supported.

### **Supervision and Instructor Qualifications**

All sessions are supervised by qualified instructors with experience in Shotokan karate and child and adult safeguarding. Instructors undergo annual safeguarding training and are committed to maintaining a safe training environment.

### **Injury Protocol**

In case of any injury:

- **Immediate Response:** First aid will be administered by qualified personnel.
- **Parental/Guardian Notification:** Parents/guardians will be notified immediately if a child is injured.
- **Follow-Up:** A record of the incident will be maintained, and appropriate follow-up will be conducted, including any necessary adaptations to prevent future injuries.

### **Training Space and Equipment**

Our training areas are set up to minimise risks:

- Mats are regularly inspected for stability and wear.
- Spaces are free from sharp or hard objects, and floors are kept clear.
- Regular checks ensure that equipment and facilities are safe for use by all age groups.

### **Annual Review and Policy Updates**

This Safe Practice Policy will be reviewed annually to incorporate feedback, changes in best practices, and updates to safeguarding guidance from the Cobra Martial Arts Association (CMAA).