

## Policy for Safe Practice

This policy provides guidelines which are intended to create a safe training environment for all students.

Bolton Family Karate considers that it's student's welfare should always come first. Safeguarding and Child Protection are covered in a separate policy.

Parents/Carers are always welcome and in fact invited to observe any/all sessions involving their child. This promotes good communication, an understanding of their child's sport and protection for all Instructors, coaches and volunteers from false allegations.

In order to provide a safe environment Bolton Family Karate will observe the following guidelines for the supervision of its students:

- Provide an adequate ratio of Instructors/Coaches
- Students will be made aware of any 'out of bound' areas
- A responsible adult will be placed near points of entry and exit to ensure no child leaves the premises unsupervised
- Students present at each session will be recorded for the purpose of Fire Drills or evacuations etc.
- Site managers, and if necessary the police, will be informed of any suspicious characters loitering in the vicinity of our activities. To promote Good, Safe Practice Bolton Family Karate Instructors, Coaches and Volunteers will observe the following guidelines:
- Ensure that all Information, Instruction, training and supervision necessary to ensure health and safety will be provided
- Minimise the risk of accidents
- Ensure that at least one qualified first aider is present at all sessions
- Deal with any accidents promptly and effectively
- Record all accidents and record details of any treatment
- Provide and maintain safe facilities and equipment
- Regularly monitor equipment to ensure it is in good condition
- Inspect equipment for signs of wear and tear that may hinder its safe use
- Use equipment appropriately according to age and ability
- Instructors and coaches will be aware of any/all medical or special needs within student groups
- Place the well being and safety of students above the development of performance Ensure skills are taught in a safe, secure manner paying due regard to the physicality of Individual students
- Always make sure students are fit to train – students are advised to inform their Instructors if they have any new injuries or ailments

- Give children opportunities to think about safe practice in relation to themselves and their peers
- 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
- Consider the potential outcomes of any activities To promote Safe Practice when sparring and in Kumite Contact in Karate must be controlled as best as possible to avoid serious injury. Bolton Family Karate adopts strict rules for head contact for under 16 year olds. Last Reviewed: 14 March 2026
- Head contact is not allowed in any practice for children under the age of 16 years. All students are reminded before each practice and drill that no touch to the face and neck are permitted.
- For students aged 16-17 years, if they are participating in competition training for point scoring, they are allowed a light skin touch, techniques must be controlled without any follow through.
- Heights and weights are considered when sparring in any lesson. Students will always be appropriately matched up to similar height, weight and age and, if students are uncomfortable, they do not have to spar. All participants when sparring or taking part in Kumite competitions must strictly adhere to the following:
- Full sparring equipment is required during light contact sparring for all ages including head guards, gum shields, hand mitts, shin protectors and boots.
- In accordance with WUKF competition rules the following kumite equipment is compulsory
  - Hand Mitts
  - Instep protectors
  - Gum shields
  - Groin protectors – Males
  - Chest protectors – Females
  - Body protectors – Children
  - Helmets/Head Guard - Children
- 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).
- Sparring in training must be supervised and monitored
- Students must inform the coaches, referee or table officials if they feel they are unable to continue.
- If a head injury occurs the following measures are undertaken
  - All sparring is halted

- First aid is applied
- If required, an entry is entered into the accident book

Reviewd 15<sup>th</sup> March 2026

Dawn Edwards.