

SAFE PRACTICE POLICY

NAME OF CLUB:- **Guts over fear muay thai & GamefightBJJ Wakefield**

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. Warmups

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.

2. Martial Arts involving throwing, grappling and strangling.

Brazilian Ju Jitsu and Muay Thai

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) Checking the matted area for suitability, particularly where the mats have been joined.
- (b) Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- (c) Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.
- (d) Ensure the mats are swept mopped and clean for use

3. Martial Arts involving strikes, punches and kicks

Muay Thai and boxing

(a) 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.

- Head shots are not permitted to those under 16 years old.
- When sparring under 16s must have boxing gloves and shin guards and only strike to the body and legs
- When sparring, students must be of a reasonable similar size, weight and age. Children with a significant height weight or age advantage will be

- asked not to use force and asked to spar in a more controlled manner.
- Sparring is only permitted on the gyms 40MM installed matted area or boxing ring.
 - In the unlikely event a head injury occurs a first aider will be present to treat and insist the injured participant attends hospital for further tests
 - A first aider must attend all scheduled classes.
 - When mixed gender sparring a coach will be supervising to ensure the safety of the participants

(b) 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. Instructors will ensure that the warm ups and exercises are suitable for the participant.

Guts over fear muay thai & GamefightBJJ Wakefield will ensure a suitably qualified and experienced instructor is leading the class, ensuring that children are not exposed to the above risks and can make a training session enjoyable whilst maintaining the discipline essential to learning Martial Arts.