

Safe Practice Policy

Shaolin Temple Martial Arts and Cultural Centre

Member of British Council for Chinese Martial Arts (BCCMA)



Martial Arts is an activity 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. Warm Ups

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. Training sessions involving takedowns

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head.

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.

3. Training sessions 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.

- No contact to the head for ages 14yrs and below. Controlled light contact for ages 14 years and above is allowed.
- Standardised club kit (purchased only via www.shaolintemplecc.com) will be accepted and must be worn at all times during sparring sessions. Wearing protective standardised sparring kits ensures students are adequately protected. All students must have their own full sparring kit (mitts/boots/gum shield). At competition, all body protection must be compliant with BCCMA (British Council for Chinese Martial Arts) requirements
- Sparring (fighting) is allowed from ages 5 years and above during sessions (provided they are wearing protective equipment) In competition, students can compete in QingDa (fighting) from age 7yrs.
- Students will be paired to similar age / grade when sparring in the club. Students who compete in QingDa (fighting) are categorised to their respective age / weight
- Mixed gender (age /size / grade consideration) sparring may take place within the club but not at competition.
- No sparring takes place within the club or at competition without the supervision of a coach
- Where there are mats offered within the club these will be used for sparring. Mats are compulsory at competition.
- If a head injury occurs, first aid checks are carried out; Medical Emergency Services will be immediately called if the student is showing any of these symptoms:
 - a) lost consciousness (even for seconds)
 - b) difficulty to console
 - c) complains of head & neck pain
 - d) hard to comfort
 - e) is not walking or talking normally
 - f) vomits

If a student has not lost consciousness, is alert and behaving normally after a blow or hit;

- a) ice pack may be applied to the injured area
 - b) student will be asked to sit out and will be monitored by the instructor
 - c) if possible to contact the parent / carer they will be advised to collect their child and seek a medical check up.
- All coaches carry a checked First Aid Kit (includes ice packs) and are trained First Aiders. At competition, there will always be a medical team available within the competition area.

- Students will not be taught to demonstrate 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. Training sessions involving weapons

Safe practice should include but is not limited to:

1. No live blades (sharp or otherwise) in the training hall when children are present
2. Safe protocols for the use of training weapons by children (i.e. use of rubber knives / foam nunchaku)
3. Good supervision at all times by Instructors

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that children are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning Martial Arts.