



SAFE PRACTICE POLICY

Martial Arts entail physical activities that necessitate safe practice to avert injury. Children, who are still developing mentally and physically, are particularly vulnerable, making it imperative to modify training methods as outlined below. (Adults at Risk are also included.)

Martial Arts Involving Strikes, Punches, and Kicks. The risks associated with these activities include, but are not limited to, concussion (brain injury) resulting from heavy blows to the head, damage to internal organs and joints from heavy blows, and injury resulting from inappropriate stretching and other exercises.

- ✓ All activities must begin with a comprehensive warm-up appropriate to the specific activity. In order to reduce the risk of injury, particular attention should be given to the muscle groups that will be engaged in later activity.
- ✓ For students under the age of 16, head kicks must be carefully monitored, involving only very light contact and no follow-through to prevent heavy blows and head injuries. Students are required to wear approved headgear at all times. To limit the risk of head injuries, high kicks to the head are always practiced with very light contact and never follow-through. Our instructors ensure that students are fully aware of the rules and understand how to control their head kicks as well as how to block them before they are permitted to engage in any controlled sparring. We do not practice full-contact sparring during training. Sparring sessions are always controlled, and children learn the importance of controlled kicks and light contact.
- ✓ Before, during, and after every session, we consistently remind students of safety rules when practicing sparring. As part of our child safeguarding policy, we require all students to wear full body protection when engaging in controlled sparring, including headgear, chest protection, groin cups, gloves, and shin pads. A full set of protective gear must be worn during training and tournaments. When participating in tournaments, children are not permitted to kick powerfully to the head. Only controlled roundhouse kicks to the head, where the leg does not pass through, are allowed. Furthermore, each tournament has strict age, height, and weight restrictions. All students are grouped according to different age, weight, height, and skill categories to ensure maximum safety for participants. Referees are instructed to halt the bout immediately if they feel that the safety of any participant is jeopardized.
- ✓ To further enhance children's safety, every tournament is conducted on a specially designed matted floor. Every tournament has a designated, trained medical team to care for participants. In case of any injuries, students undergo a thorough check and must receive full clearance from the medical team before they are permitted to continue. Our team of professional instructors monitors our students closely during controlled sparring in the dojo or tournaments, not only looking for physical injuries but also observing facial expressions and emotions.
- ✓ Our training facilities do not feature heavy bags, and children are always asked to use soft kicking and punching shields to prevent hand and leg injuries. Stretching before, during, and after training is always controlled, and we ensure that students undergo a thorough warm-up process before commencing the main part of the class.



ELITE MARTIAL ARTS RICHMOND

- ✓ Our team of professional instructors always ensures that children remain safe during training while simultaneously enjoying classes and maintaining the essential discipline required for learning Karate.