



BURNLEY WADO RYU KARATE CLUB

SAFE PRACTICE POLICY

November
2023

Karate 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 potentially at Risk)

1. People in a position of Trust

Coaches, officials, and volunteers working with young people, we must all help to promote responsible relationships within sport and prevent the manipulation and exploitation of young people. Although young people aged 16 and 17 have reached the age of consent for sexual activity according to UK law, they could be vulnerable to sexual abuse and exploitation in certain situations. This includes sexual activity and manipulation by adults who hold a position of trust, responsibility, or authority in relation to them, and, as a result, have a considerable amount of power and influence on their lives. As of 28 June 2022 the law in England and Wales states that those in a position of trust in sports organisations, such as a coach, cannot legally have a sexual relationship with young people they look after, under 18 years' old.

2. Warm Ups

All activities should first include a thorough warm up routine from head to toe stretching and gradual cardiovascular activity. To help reduce injury, specific attention should be paid to those muscle groups that will be used during later activities during the lesson.

3. Martial Arts involving throwing, grappling and strangling

Carrying out throws, takedowns & sweeps involved in Wado Ryu karate

The risks include: falling on unsuitable surfaces: landing on the head: damage to the joints from throws and locks.

Safe practice must include:

- a. Having an experience instructor who will ensure that children are not taught to use locks, throws or locks which can injure their training partner.

3. Strikes, punches and kicks

Sparring during the karate classes within the Wado Ryu karate syllabus

The risks are: 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.

Safe practice must include:

- a. 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). Expert advice from a neurosurgeon is that the use of helmets, mitts or foot pads does not eliminate the risk of brain injury from full contact strikes.



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- 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 exercise

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 karate.

Burnley Wado Ryu Karate Club, care and safeguarding is paramount. The duty of care and instruction is constantly monitored and adhered to by all our instructing teams.

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Health and Safety Advisor