

SAFEGUARDING IN MARTIAL ARTS

MMA Safe Practice Policy

Purpose:

The aim of this policy is to ensure that all martial arts activities within Miles Martial Arts are conducted in a safe, controlled, and supportive environment. This policy applies to all instructors, assistants, volunteers, and participants.

1. General Principles

- The safety and wellbeing of all participants, especially children and adults at risk, is our highest priority.
 - All instructors will adapt training to suit the age, ability, and experience of participants.
 - Discipline, respect, and appropriate conduct are expected at all times.
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2. Warm-Up and Cool-Down

- Every session begins with a structured warm-up to prepare the body and reduce the risk of injury.
 - Warm-ups target the muscle groups and joints relevant to the session's activities.
 - Cool-down and stretching exercises are used to aid recovery.
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3. Self Defence Releases and Grabs

- All self defence releases and grabs including any throws and lock techniques are taught progressively and with control.
- Children are not taught techniques that could cause injury.
- Mats are checked before every session to ensure a safe, stable surface with no gaps or hazards.
- Surrounding areas are kept clear of hard or sharp objects.

4. Sparring

- Only controlled and light (semi) contact whilst Sparring **at all times**, with no follow-through - for all age groups.

Under 16's - Strictly controlled sparring. Any permitted head techniques must involve only **minimal** contact and may be introduced **only after** the student has demonstrated a consistently high level of technical control and discipline.

16 years and over - Light-contact head techniques may be introduced **after** the student has demonstrated a high level of technical control and discipline. No full-force head contact allowed.

- Sparring partners matched by age, weight, height, and experience level.
- Full protective equipment (mouth guard, head guard, gloves, foot guards and groin protection for boys) **must** be worn during sparring.
- Mixed-gender sparring is agreed upon by all participants.
- Sparring takes place only on fully matted surfaces.
- Any suspected concussion or head injury stops training **immediately**, with first aid given and medical assessment recommended.

5. Weapons Training

- No live blades are permitted.
- Only approved, safe rubber training weapons are used by children aged 16yrs+.
- Clear protocols are followed for safe use, handling, and storage.
- All weapons training is strictly supervised by a qualified instructor.

6. First Aid and Emergency Procedures

- A trained first aider is present at **every** session.
- First aid kits are well-stocked, accessible, and checked regularly by a nominated person.

- An accident book is maintained to record incidents and injuries.
 - Emergency contact details are held for all students.
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7. Safeguarding and Supervision

- All instructors hold up-to-date DBS checks, insurance and safeguarding training.
 - Appropriate ratios of instructors to participants are maintained for effective supervision.
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8. Competitions and Events

- Risk assessments are carried out for all events.
 - Medical support is arranged for each event, including trained medical staff.
 - Insurance covers all event-specific risks.
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9. Review of Policy

- This Safe Practice Policy is reviewed annually and updated as necessary to reflect current best practice and safeguarding guidance.