



## Shori-Kai Karate Association (SKA Karate)

### Safe Practice Policy

Version 5 – 5<sup>th</sup> November 2025

#### **Policy Statement:**

Whilst we allow friends and relatives to spectate during classes, all spectators should be mindful of our ethos of respect for others and not impact in the safe and efficient running of classes.

Safe practice means having a suitably qualified and experienced instructor who will ensure that children and adults are not exposed to the distractions and risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.

#### **Safe Practice Guidelines:**

The risk of potential injury to students should be reduced by ensuring we follow the safe practice guidelines outlined below:

##### Prior to class

- Check with students of any existing injuries or conditions and amend training as appropriate.
- Check that the training environment (Dojo) is adequately lit and the floor is clean and clear of any spills.
- Ensure all watches and jewelry are removed prior to the class.

##### Warmup:

- A thorough warmup should take place which is appropriate for the activity being undertaken. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

##### In Class:

- Ensure all instructors are first aid trained and there is always a first aid kit at hand in class.
- 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.

### Sparring

- Ensure students have the necessary protection equipment when sparring.
- Ensure all instructors are first aid trained and there is always a first aid kit at hand in class to deal with any injuries that occur in class.
- Sparring and partner work should always be supervised by the instructor in class.
- Only students with a yellow belt or above will be allowed to take part in sparring.
- If possible, students of a similar height should be paired together when sparring when possible. We allow students of different ages, grades and genders to spar with each other due to the non-contact basis and due to the size and nature of our current student base. This will be continually reviewed.
- Sparring should always be done on a non-contact basis up until brown belt. This is in order to reduce the risk of injury especially to the head. However, light contact in a controlled manner is allowed for adult students who are brown belts and above.
- Techniques should be performed with a closed hand during sparring up until brown belt, no openhanded techniques e.g. shuto are allowed.
- To begin with sparring should be done at a slower pace (e.g. 25% speed) to allow students to work on their footwork and combinations. The pace will be increased depending on the grade level and age of students in class.
- The use of elbows and knees are not allowed. Leg sweeps are also limited to higher grades (brown belts and above).

### **Non-SKA Karate Practices:**

The SKA Karate curriculum does NOT involve any of the following, and therefore these will not be implemented in any SKA Karate classes.

- Throwing
- Grappling
- The use of weapons
- Competition

### **Monitoring and Reviewing the Safe Practice Policy:**

The Safeguarding lead will review the policy on an annual basis, or sooner if there is a major change in the club and make amendments as required.

### **Declaration:**

On behalf of SKA Karate, we the undersigned, we will oversee the implementation of the above policy and take the necessary steps to ensure that it is adhered to:

**Ian Southwell Chief Instructor**

**Paul Kinsey Safeguarding Lead**

**Date:** 5<sup>th</sup> November 2025

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