27/07/2025

Safe Practise Policy

KGB Executive Committee

Safeguarding: Safe Practise Policy

Martial arts are activities where safe practise is essential to help prevent injury. Children (and at risk adults) are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified as described below:

Warm Ups

All activities should first include a through 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.

Training Area

Prior to practise the coaching team will check the training area to ensure it is safe and free of sharp/hard objects around the matted area. Mats must be checked for suitability, particularly where mats have been joined e.g. jigsaw mats. When strength & conditioning equipment is used on the mats, coaches must ensure all students are briefed on the safe use of each piece of equipment prior to the session starting e.g. in the case of circuits the coaching team will go around each station demonstrating safe use and technique at each station.

Safe Training Practises

The following guidelines must be followed when coaching and teaching. All training sessions will only run in the presence of a suitably qualified and experienced coach whose responsibility it is to ensure the guidelines are followed:

- All contact training must be performed with adequate protection e.g. gloves must be worn for heavy bag work.
- All sparring is performed with controlled contact relevant to the discipline being used. Regulation safety equipment as defined by WAKO rules must be worn.
- Sparring across gender and age group is only allowed in non-competitive formats i.e. when contact is touch only and the emphasis is on learning technical skills, not winning and losing.
- Age, size and gender must be considered when sparring is competitive in nature. As a rule, training sessions should be separated into the age groups as defined by WAKO competition rules.
- Head contact must be light at all times and only with protective equipment as defined by WAKO rules. Whilst head contact is allowed within competition and therefore it is recognised that athletes training must prepare them for the eventuality of contact, it is highly recommended that head contact is kept to a minimum at all times.
- In the event of head injury the UK concussion guidelines for grassroots sports must be followed. First aiders must be sure to communicate concussion protocols with guardians and athletes during handover. All head injuries must be recorded in the accident book.
- During weapons training there will be good supervision by coaches at all times. All junior and intermediate grades will use safety training weapons only.
- Live weapons will only be used by senior grades in a separate class. Live training must not take place in the presence of junior grades.
- During self defence training, content of what is taught must be appropriate to the age group. Self defence for children of school age will focus primarily on school yard bullying and stranger awareness.

Warm Downs

All activities should first include a warm down period which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to stretching those muscle groups that have been stressed.

Competition - Age Eligibility for Junior Athletes Entering Senior Divisions

In accordance with Kickboxing GB's duty of care and commitment to athlete welfare, the following policy applies to all competitions and activities sanctioned by Kickboxing GB:

Junior athletes (aged 16–18 years) are not permitted to compete in senior divisions (19–39 years) unless they are 18 years of age or older on the day of competition.

This policy supersedes any allowance under international (WAKO) rules for juniors to "fight up" into senior categories based on year-of-birth eligibility.

Scope:

- This rule applies to all **Tatami and Ringsport disciplines** under Kickboxing GB sanction.
- It applies to all **domestic UK competitions**, as well as to **international events** where GB members are representing their clubs or national team.
- It is the responsibility of **coaches, clubs, and competition organisers** to ensure compliance with this rule.

Enforcement and Sanctions:

- Any breach of this policy will be considered a **serious safeguarding matter** and will be subject to investigation under the **Kickboxing GB Conduct and Disciplinary Policy**.
- Coaches or officials found to have knowingly entered underage juniors into senior divisions will face **disciplinary action**, which may include suspension or deregistration.
- In the event of injury or safeguarding incident arising from non-compliance, individuals and clubs may be held **personally liable**, as such actions fall outside the bounds of Kickboxing GB's Safe Practice framework and insurance protections.