



SAFE PRACTICE POLICY

NAME OF CLUB: Eagle Institute

Martial Arts are disciplines that necessitate a focus on safety to prevent injury. This is especially true for children and adults at risk due to their ongoing mental and physical development. The following policies are designed to ensure that our karate training is conducted in a manner that prioritizes the safety and enjoyment of all participants.

1. WARM-UPS

Policy: All karate classes at Eagle Institute begin with a comprehensive warm-up tailored to the day's activities.

Implementation: Warm-ups will target muscle groups specific to karate techniques to be practiced, reducing injury risk and preparing students mentally and physically.

Instructor Responsibility: Instructors will supervise warm-ups to ensure they are performed correctly and safely.

2. MARTIAL ARTS INVOLVING STRIKES, PUNCHES, AND KICKS (Karate Specific)

Risk Assessment: The risks include, but are not limited to, potential concussions, internal organ damage, and joint injuries from heavy blows, as well as injuries from improper stretching and exercises.

Best Practices: Eagle Institute adheres to the following best practices to mitigate these risks:

- No head contact in training or competition for participants under 16 years of age.
- Head contact for participants over 16 is limited to controlled, light contact with no follow-through.
- Mandatory use of protective equipment, including headgear, mouthguards, gloves, and chest protectors, during sparring and competition.
- Weight and age categories are strictly adhered to in sparring sessions and competitions to ensure fairness and safety.
- Use of appropriate floor coverings, such as high-quality mats, to provide cushioning for falls and takedowns.
- Immediate response protocol for any head injury, including cessation of activity and medical evaluation.
- Availability of qualified medical supervision during all sparring sessions and competitions.
- Consideration of mixed-gender sparring and competition, ensuring equality and safety for all participants.
- Continuous supervision of all sparring and competition by experienced instructors.

3. AVOIDING EXCESSIVE STRETCHING AND HIGH-IMPACT EXERCISES

Policy: Excessive stretching and high-impact exercises are avoided, particularly for children, whose joints are still developing.

Implementation: Instructors are trained to recognize the limits of safe stretching and to use alternative exercises that promote strength without risking joint health.

4. MARTIAL ARTS INVOLVING WEAPONS

Policy: No live blades are permitted in the training area. Training weapons are used under strict protocols to ensure safety.

Implementation: All weapon training is conducted with the utmost supervision and with practice weapons designed to prevent injury.

Instructor Qualifications and Training

Requirement: Instructors at Eagle Institute are required to have relevant qualifications, experience, and training in safe practice methods.

Ongoing Education: Instructors receive regular training on the latest safety techniques and first aid, including concussion protocol and injury prevention.

Continuous Review and Improvement

Review Cycle: This policy will be reviewed annually or as needed due to changes in regulations or in response to feedback and incidents.

Stakeholder Engagement: Feedback from students, parents, and instructors is an integral part of our review process.

CONCLUSION

Safe practice at Eagle Institute is not just about preventing injuries; it's about fostering a learning environment where discipline, fun, and personal growth go hand in hand. Our commitment to safety is at the core of our teaching philosophy, ensuring that karate remains an enriching experience for all our members.