



Lea Valley Karate Academy - Policy for Safe Practice

This policy provides guidelines that are intended to create a safe training environment for all students.

Lea Valley Karate Academy considers that its student's welfare should always come first. Safeguarding and Child Protection are covered in a separate policy.

Parents/Carers are always welcome and in fact invited to observe any/all sessions involving their child. This promotes good communication, an understanding of their child's sport and protection for all Instructors, coaches and volunteers from false allegations.

Karate is an oriental system of unarmed combat using the hands and feet to deliver and block blows to the body. It involves punching, kicking and blocking and can occasionally result in injury.

Karate involves strikes, punches and kicks

Taking part in Karate can be risky and the risks include but are not limited to:

- Bruising;
- Injuries to the face such as nose bleeds or broken noses;
- Concussion is also a possibility from strikes to the head;
- Broken bones (fingers / toes especially); and
- Injury from inappropriate stretching and other exercises such as torn muscle or ligaments are also possible.

In order to provide a safe environment, Lea Valley Karate Academy will observe the following guidelines for the supervision of its students:

- Provide an adequate ratio of Instructors/Coaches
- Students will be made aware of any 'out of bound' areas
- A responsible adult will be placed near points of entry and exit or the doors to the class will remain closed to ensure no child leaves the premises unsupervised during a lesson.
- Where a child is either in year 5 of primary school or aged 9 years and under it is the parents duty to collect them from the hall.



- Site managers, chief/Senior instructor and if necessary the police, will be informed of any suspicious characters loitering in the vicinity of our activities.

To promote good, safe practice Lea Valley Karate Academy instructors, coaches and volunteers will observe the following guidelines:

- Ensure that all Information, Instruction, training and supervision necessary to ensure health and safety will be provided.
- Minimise the risk of accidents.
- Ensure that at least one qualified first aider is present at all sessions.
- Deal with any accidents promptly and effectively.
- Record all accidents and record details of any treatment.
- Provide and maintain safe facilities and equipment.
- Regularly monitor equipment to ensure it is in good condition.
- Inspect equipment for signs of wear and tear that may hinder its safe use.
- Use equipment appropriately according to age and ability.
- Instructors and coaches will be aware of any/all medical or special needs within student groups.
- Place the well being and safety of students above the development of performance.
- Ensure skills are taught in a safe, secure manner paying due regard to the physicality of Individual students.
- Always make sure students are fit to train.
- Try to match students for size, age and belt for sparring wherever possible.
- Give children opportunities to think about safe practice in relation to themselves and their peers.



- Take care with certain exercises, stretches and equipment. Always take into account age, grade and belt ability of students – one size does not fit all – differentiate activities accordingly.
- Consider the potential outcomes of any activities.

Safe Practice when sparing and in Kumite

Contact in Karate must be controlled as best as possible to avoid serious injury.

All participants when sparing must strictly adhere to the following or taking part in Kumite competition:

- Wear hand mits
- Gum shields advisable
- Foot pads are optional
- In particular with children under the age of 16 contact to the face/head is NOT permitted.
- Height, age, belt and gender of the participants are a consideration in competition
- Female participants are able to wear chest guards
- Body shields are optional for all students
- Sparing in training must be supervised and monitored
- Students must inform the referee or table officials if they feel they are unable to continue.
- Mats will always be laid for competition events
- Any injury to the head the participant is advised to attend hospital
- All coaches / instructors are first aid trained and regularly updated every three years
- Above all, safe practice means having a suitably qualified and experienced instructor



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(Last reviewed June 2026)