



## Safe Practice of ALL Activities Policy

Coaches must maintain good safe practices to ensure sessions are:

- Risk free
- All Inclusive
- Fun for All

Coaches must ensure that areas designated for class participation, are free of obstacles or have immovable obstacles pointed out to participants and that fire, safety exits are clear and easily accessible.

Our activities include high impact aerobic type movements and physical contact. Both carry the risk of injury therefore, coaches must follow a set of defined guidelines during sessions

**All club coaches must ensure the following [participants at adult sessions may agree separate guidelines with the coach, provided safety is not compromised]**

- Students/participants must be given guidance in the correct usage of specialised equipment
- Boxing gloves must be worn during full sparring sessions along with, groin guards, mouth shields and kick insteps
- If mouth guards are not available to all, then no boxing strikes to the head and face must occur
- If no groin guards or shin insteps are available, then no kicks to the body may occur
- Padwork, with gloves must be supervised and safety protocols observed
- Headguards are only mandatory if participants have mouthguards and headshots are semi-contact
- Socks can only be worn on the mat if the participant has a foot infection
- Care must be taken when students are executing contact techniques such as throwing, punching and kicking
- Students with existing injuries can only participate in sessions after consultation with the coach
- Eye protection must be worn when conducting classes using facsimile weapons
- Asthma sufferers must have their medication close at hand in the training area
- Only strategies and techniques demonstrated by the coach are permissible during class
- Coaches expect students to treat the safety of their training partners and themselves with paramount importance
- Injuries sustained during the session must be reported and recorded