



South Coast Choi Kwang Do (SCCKD)  
5. Safe Practice Policy

Policy Owner	Welfare Officer
School Owner	Mr Neil Cowie
School Owner	Mr David Storey
Version	4.0
Date	April 2019
Review	April 2021

## 5. Safe Practice Policy

### 5.1 Policy Statement

Choi Kwang Do (CKD) is a non-competitive curriculum based martial art where safe practice is essential to help prevent injury. This policy is applicable to all students, however children and some 'adults at risk' are particularly vulnerable as they are still developing both mentally and physically. Training methods are implemented as described below and risk assessments are completed for each venue, see Appendix G, along with a student risk assessment prior to the start of each class.

### 5.2 Warm Up

All SCCKD classes begin with a static stretch to help reduce the risk of injury and this stretch attends to all muscle groups that will be used during the class. A moving stretch may be done as an alternative, if deemed appropriate by the responsible Head/Chief Instructor that is running the class.

### 5.3 Strikes, Punches, Kicks and Grabs/Releases (Techniques)

Demonstrating and performing curriculum techniques are a key part of the class structure in CKD. When taking part in partner/group 'sparring' drills there are a number of risks associated with this. The table below shows potential risks and the control measures that are in place:

Potential Risk	Control Measure
Age, height, weight, gender	Students respect other students at all times. Students follow the CKD principle 'Self Control' at all times. Instructors may dictate partnerships/groups of students that work together. Students/parents may ask to not work with individual students.
Head contact	The 'Head Strike' technique has been removed from the CKD curriculum. When 'sparring', there should be no contact to the head. Targeting should be used but with no follow through.
Personal injury	Students at the rank of white belt senior should have their own personal hand protectors. Students at the rank of yellow belt junior should have their own personal hand, shin and instep protectors. SCCKD provides hand protectors for new students to use during class. When demonstrating their techniques with 'power', students should work to their own ability.
Training equipment (shields, focus mitts, etc)	All equipment is checked prior to use. Students hold/use the equipment appropriate to their age/height/weight.
Practicing techniques with other students/on equipment	Students will only practice their own curriculum unless advised otherwise by the Instructor responsible for that particular drill. All jewellery will be removed or taped. Long hair will be tied back. Fitness tracking devices will be removed when practicing close-range curriculum (grabs, releases, etc).

### 5.4 Floor Work

On occasions, a drill may be used to simulate being knocked to the ground, to allow a student to roll onto the ground and then defend themselves from a non-standing position. Suitable matting will be used for this and full instruction will be given. Students will practice this on an individual basis and therefore full attention from the instructor will be provided.

## 5.5 Non-CKD Practices

The CKD curriculum does NOT involve any of the following, and therefore these will not be implemented in any SCCKD classes:

- Throwing
- Grappling
- Strangling
- The use of weapons
- Competition

## 5.6 Monitoring and Reviewing the Policy

The Welfare Officer and School Owner(s) will review the policy every 2 years, or sooner if there is a major change within the organisation of SCCKD or in relevant legislation.

## 5.7 Declaration

Above all, safe practice means having suitably experienced SCCKD instructors who will ensure that students are not exposed to unnecessary risks while training. SCCKD instructors will make classes enjoyable whilst maintaining the discipline that is essential to learning a martial art.

On behalf of **South Coast Choi Kwang Do** we, the undersigned, will oversee the implementation of the Safeguarding Policy and take all necessary steps to ensure that it is adhered to.

**Signature: [Original Signed]**

**Mr Neil Cowie - School Owner / Chief Instructor**  
**Date: 22<sup>nd</sup> April 2019**

**Signature: [Original Signed]**

**Mr David Storey - School Owner / Chief Instructor**  
**Date: 22<sup>nd</sup> April 2019**

**Signature: [Original Signed]**

**Mrs Helen Storey - Welfare Officer**  
**Date: 22<sup>nd</sup> April 2019**

