

Appendix A: Physical Contact Guidelines

1. Physical Contact

Physical contact should only take place when necessary. SCKD instructors may use physical contact in the following instances:

- To enhance a students technique when teaching them
- To treat an injury
- To prevent an injury or accident from occurring
- When participating in drills which involve punching, kicking or striking, using shields, focus mitts and the correct safety equipment

2. SCKD instructors will follow these principles of good practice:

- Physical contact will only take place in the interests of and for the benefit of the student
- The Chief Instructor will advise new students (and their parent/carer if they are under 18) of these Physical Contact Guidelines, as part of their induction
- The instructor will explain the nature of and reason for the physical contact to the student
- Unless the situation is an emergency, the instructor will ask the student for permission and explain fully what they are going to do, for example to aid the demonstration of a specific technique. In this instance the instructor will try to only use their index finger to make contact with the student
- Young students under the age of 18 will be encouraged to voice concerns if any physical contact makes them feel uncomfortable or threatened
- Physical contact will not take place on any part of the body that may cause a student distress or embarrassment
- Physical contact will always take place in an open, public environment and will not take place out of sight of others

“SCKD’s Welfare Officer, having reviewed the CPSU briefing ‘Physical contact and young people in sport’ on the NSPCC Website, has written these guidelines for its instructors, students and parents/carers.” Website briefing last updated: 1st Nov 2012