



WEMBLEY CHOI KWANG DO

SAFE PRACTICE POLICY

1. Safe Practice Policy

1.1 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 at the school, along with a student risk assessment prior to the start of each class.

1.2 Warm Up

All Wembley CKD classes begin with a warm up general, warm up specific and dynamic stretch to help reduce the risk of injury and this type of warm up and stretch attends to all muscle groups that will be used during the class.

1.3 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 defence and application 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' techniques have been removed from the CKD curriculum. When performing defence drills and application drills, there should be no contact to the head. Targeting should be used but with no follow through.
Personal injury	All Students participating in Defence Drills or Application Drills should wear their Hand and Foot Safety equipment. When demonstrating techniques with 'power', students should work to their own ability.
Training equipment (shields, focus mitts, blockers 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 an Instructor. All jewellery will be removed or taped. Long hair will be tied back. Fitness tracking will be removed.

1.4 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. Risk assessment of the floor will be conducted for this drill and full instruction from an experienced Instructor will be given. Students will practice this on an individual basis and therefore full attention from the instructor will be provided.

1.5 Stick and Knife Defence Drills

At Wembley Choi Kwang Do School only Blackbelts with a minimum of 3.5 years of training is permitted to practice the stick and knife defence drills which are always conducted under the strict supervision of a trained Instructor.

1.6 Non-CKD Practices

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

- Throwing
- Grappling
- Strangling
- Contact Competition

1.7 Monitoring and Reviewing the Policy

The Designated safeguarding Lead and School Owner(s) will review the policy every 2 years, or sooner if there is a major change within the organisation of Wembley Choi Kwang Do or in relevant legislation.

1.8 Declaration

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

On behalf of **Wembley Choi Kwang Do** we, the school owner's, will oversee the implementation of the Safeguarding Policy and take all necessary steps to ensure that it is adhered to.

Mr Keith Banfield

School Owner
Chief Instructor

Mrs Chetna Mistry- Banfield

School Owner
Chief Instructor
Designated Safeguarding Lead Officer