

TRAFFORD AIKIDO'S SAFE PRACTICE POLICY

Martial Arts are activities where safe practice is essential to help prevent injury. However as with any physical contact activity accidents can occur.

Risk assessments are periodically reviewed to ensure a safe environment and a check made before a class that there are no new risks or worsening ones.

Young People and Children* are particularly vulnerable as they are still developing mentally and physically, so training methods could need to be modified. (*also includes Adults at Risk)

To ensure safety of all we have some rules.

Rules of Practice (copied from the Lancashire Aikikai's membership book – our parent Association)

- Aikido is a traditional martial art and potentially dangerous thus care must be exercised. Do not execute techniques in a dangerous manner.
- Listen to and watch your teacher (Sensei) to learn and follow what is being taught. Your mastery of each movement will depend on your application and attitude.
- During lessons, people should assist each other and maintain control to ensure a safe and enjoyable practice.
- Practice at the level of your partners; taking into consideration their differing physical attributes.
- Be responsible for your behaviour and practice.
- Do not use superior skill to inflict pain needlessly or excessively.
- Do not practice under the influence of alcohol or drugs.
- Wear suitable footwear to the edge of the mat, keeping your feet clean to ensure no dirt or grit is brought on to the mat.
- Respect and courtesy to all is expected.
- If you need to leave the mat tell your Sensei. This is a safety point.
- Keep yourself and your training Gi clean.
- Keep your toe and fingernails cut short.
- Jewellery, watches and sharp objects should be removed.
- Weapons should be maintained in a safe condition.
- Weapons should not be carried except to and from practice and then not openly but in a bag. (See more detailed advice on our Association's website)

When coaching Children and Young People

- Techniques involving locks and throws may need to be modified to protect joints or impact respectively bearing in mind the Aikidokas' experience, understanding and age.
- Coaching ratio should, bearing in mind our starting age of around 8 years, be one to ten. But with the necessity to have a minimum of two for covering matters arising such as injuries or other demands that can take one coach away.
- Chapter 11 of British Aikido Board's Coaching Manual has guidance for teaching children and young people.

All activities should first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.