



### **Safe Practice Policy**

Self-defence is a crucial activity that requires safe practice to prevent injuries, especially among children and vulnerable adults who are still developing mentally and physically. It is important to modify training methods to ensure safety.

#### **1. Warm-Up and Stretching**

Before engaging in any activity, a thorough warm-up appropriate for the specific activity should be conducted. Paying specific attention to the muscle groups that will be used during the activity can help reduce the risk of injury.

#### **2. Self-Defence Techniques Involving take downs and Strangling**

There are various risks involved in self-defence techniques, including falling on unsuitable surfaces, landing on the head, damage to joints from locks, and strangulation. Safe practice measures should include:

- (a) Checking the matted area for suitability, especially where the mats are joined.
- (b) Ensuring there are no hard surfaces or sharp objects around the matted area.
- (c) Having an experienced instructor to prevent participants from using techniques that may cause injury.

#### **3. Self-Defence Techniques Involving Strikes, Punches, and Kicks**

Risks associated with these techniques include concussion from heavy blows to the head, damage to internal organs and joints from heavy blows, and injuries from inappropriate stretching and exercises.

Key Points to Consider Regarding Head Contact:

- (a) Participants will be paired with individuals of similar age, weight, and gender, as well as similar ability levels.
- (b) Head contact will be controlled and kept to light contact.
- (c) Mats are essential for take downs.
- (d) All instructors and assistant instructors are trained in first aid and concussion management.

In conclusion, it is important to avoid excessive stretching and exercises that may pose a risk of injury during self-defence training.