



# Kenshinkan Martial Arts

[www.kenshinkan.org](http://www.kenshinkan.org)

## Health & Safety Policy



### Overview

1. Kenshinkan Martial Arts instructors regards the promotion of Health and Safety measures as a mutual objective of instructors and members at every level, and will support all those who endeavour to carry it out.

**Martial Arts are contact activities and as such carry a degree of risk of injury which whilst mitigated as far as possible are never eliminated, students of the martial arts need to understand this and always exercise great care when training, especially during partner work.**

**When training if a hold or technique is causing pain tap your partner assertively or shout "STOP" – if tapped you must release the technique immediately, without exception.**

2. It is therefore our policy to do all that is reasonable to prevent personal injury and damage to property and protect everyone including the public, from foreseeable hazards, in so far as they come into contact with the organisation and it's activities.

3. In particular the Kenshinkan recognises our responsibility:

- (a) to provide and maintain a safe and healthy level of instruction.
- (b) to provide appropriate training and instructors, so far as is reasonably practical, to enable members to practise safely and efficiently.
- (c) to encourage the use of all necessary protective equipment and to supervise their use.
- (d) to maintain a constant and continuing interest in health and safety matters applicable to this organisations activities.

4. Members have a duty to co-operate in the operation of this policy:

- (a) by encouraging safe practices.
- (b) by using protective equipment when required.
- (c) by reporting incidents that have lead, or may lead to injury or damage.
- (d) by adhering to AMA procedures agreed on their behalf for securing a safe environment.
- (e) by assisting in the investigation of any incident with the object of introducing measures to prevent recurrence.

### General Responsibilities for Health & Safety

It shall be the duty of every member to ensure that they have familiarised themselves with the contents of this policy and shall include:

1. Familiarising themselves with the premises in use, noting:

- a) All exit routes
- b) First aid facilities
- c) Fire extinguishers
- d) Toilets and changing rooms
- e) Notice boards
- f) Rules and regulations
- g) Telephones
- h) Nearest casualty hospital

### Kanshinkan Martial Arts

Karate – Wetherby – Crossleys Street Primary School – Monday & Wednesday @ 18:15  
Jui-Jitsu – Otley – Otley Methodist Church – Saturday 10am Kidjitsu, Adults 11am  
Thursdays 6:30pm for Kidjitsu and 7:30pm for Adults – Closed 1<sup>st</sup> Thursday Every month

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2. Members and visitors to the premises shall observe the Kenshinkan's Health and Safety rules, and any instruction/ advice given by the individuals responsible for the club/ premises or any member legitimately so entitled.

### Responsibilities of Members

It shall be the legal duty of every member/visitor whilst at the premises:

- To take reasonable care of Health and Safety of themselves and of other persons who may be affected by his/hers acts or omissions at the premises.
- To co-operate so far as is necessary with regard to any duty requirement imposed upon the instructor or any other persons by or under any statutory provisions, to enable that duty or requirement to be performed or fulfilled.
- To make themselves familiar with Kenshinkan's Health and Safety policy at all times.

Students should always maintain a high level of personal cleanliness. Training equipment, Gi's and personal hygiene should be maintained.

Toe and finger nails MUST be trimmed close to avoid injury to others.

### Responsibilities of Instructors / Persons in Charge

They shall:

- familiarise themselves with the Kenshinkan Martial Arts safety policy and enforce it at all times.
- monitor any suggestions or complaints from members or instructors on the subject of safety, and take action where practicable.
- investigate all accidents and dangerous practices, in conjunction with any person so authorised, and report accordingly.
- ensure that a record is maintained of all injuries. Such record to be produced as and when required.
- be directly responsible for the running of club/s under their control.
- provide adequate supervision of all members, particularly monitoring young or inexperienced members and/or instructors.
- take any action necessary to ensure that legal safety obligations have been carried out by the owners/authority in charge of the premises, i.e. safety fire-check etc.
- ensure that any training or safety equipment being used is in a safe, clean and serviceable condition.
- ensure that any prospective instructor receives appropriate training as provided by the Kenshinkan Martial Arts and that only authorised persons are placed in a position of supervision of others.
- Introduce control measures where necessary, to reduce hazards.
- Ensure that all persons acting on their behalf comply with this and all other Health and Safety regulations.
- Ensure that all persons comply with any directives relative to insurance indemnities.

Kenshinkan Martial Arts Chief Instructors shall:-

- advise the members of any standards of safety .
- have representation on any meetings on Health and Safety.
- provide and maintain all Health and Safety policy documentation.
- seek to provide information and training concerning Health and Safety.

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e) ensure that all instructors are provided with an opportunity to undergo training for coaching and Health and Safety.



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### Personal Safety Equipment

A wide range of personal protective equipment is available to all martial artists for the Health and Safety of not only the wearer, but also any other persons engaged in activities with them.

The range of equipment varies with martial arts disciplines and the rules of combat. The instructor will advise. The following are available:

- a) Head-guard. of suitable material; secure-fitting and protected all round
- b) Gum-shield. These should be individually fitted
- c) Chest protector for ladies and for WTF/ITF
- d) Forearm protector
- e) Fist protector - These could be 10oz boxing gloves (WAKO full-contact and Light contact) or cotton mitts (WUKO/WFK) or open palmed gloves.(WAKO semi-contact,WTF/ITF)
- f) Groin Box
- g) Shin protector
- h) Boot/instep protector

It is advised that safety equipment should be worn during all contact activities where injury could result. Such equipment will usually be determined by national or international rules and regulations.

For personal hygiene and efficiency, borrowing and lending of equipment is not to be encouraged. All members should obtain their own personal items of safety equipment.

Any refusal or non-compliance with any reasonable request to wear adequate safety equipment MUST result in the exclusion of the individual concerned, from any activity requiring such protection, for the health and safety of themselves and others.

### First Aid

Under the Health and Safety (First Aid) regulations 1981, premises must have first aid provision.

At least one first aid box should be kept on each of the premises used or occupied by the club/s. Where applicable a qualified first aider or responsible person shall be expected to maintain the box.

A 'Responsible' or 'Appointed person' is someone who is authorised or expected to take charge of a serious situation (e.g. to call an ambulance) if there is a serious illness or injury. The person will act in the absence of the trained or qualified first aider, or where a qualified first aider is not required.

A qualified first aider is a person who must have undertaken training and obtained qualifications (usually via St John Ambulance or Red Cross). The certificate is valid for 3 years.

Emergency first aid training should be considered for all appointed persons.

A record (Accident book) must be maintained in conjunction with the first aid box.

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Members should be made aware of any activity that might be potentially dangerous, and any exclusions to their personal indemnity as a result of such practices.

### First Aid Special Precautions

1. In any situation requiring first aid, certain precautions should be taken to reduce the risk of transmitting infections, including AIDS and hepatitis.
2. First aiders should always cover any exposed cuts or abrasions they may have with a waterproof dressing before treating a casualty whether or not any infection is suspected.
3. They should also wash their hands both before and after applying dressings
4. Whenever blood, semen, or other body fluids have to be mopped up, disposable plastic gloves should always be worn and paper towels used, these items should then be placed in plastic bags and safely disposed of, preferably by burning. Clothing may be cleaned in an ordinary washing machine using the hot cycle. The AIDS virus is killed by household bleach and the area in which any spills have occurred should be disinfected using one part bleach diluted with 10 parts water, caution should be exercised as bleach is corrosive and can be harmful to the skin.
5. If direct contact with another persons blood or other body fluids occur, the area should be washed as soon as possible with ordinary soap and water. Clean cold tap water should be used if the lips, mouth, tongue, eyes or broken skin are affected and medical advice sought.
6. First aiders who may be called upon to give mouth to mouth resuscitation should be aware that mouthpieces are available for this procedure for specially trained persons. Such treatment should NEVER be withheld in an emergency if a mouth piece is not available. No case of infection has been reported from any part of the world as a result of giving mouth to mouth resuscitation.

## Summary

Health & Safety is every ones responsibility and students should make sure and do the following;

- Bring to the instructors attention any injury they may have that will affect their training
- Ensure the instructor is aware of any illness or condition that will affect the students training
- Bring to the instructor's attention any situation they feel could cause injury or any practice they feel has a high risk potential.

We are all different and training that may be appropriate and within the capability of one person may be potentially very risky for another. Students should never attempt techniques they feel may cause them injury. In such circumstances the instructor will devise a different training progression to allow techniques to be learnt within the capabilities of the student.

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