



Practical Karate - SAFETY IN TRAINING BRIEFING

dart 06

Your safety and your personal health are important – to you, your family, your studies, your business, to anyone who might be affected if your health is compromised. Our objective here is to consistently provide training which improves your health and safety in your life. By carefully considering and following the guidelines below, we intend to make you aware of the ways in which you can ensure that you and those around you are training safely.

Medical Conditions and Injuries If you have an existing medical condition or current injury which effects your ability to exercise, then you must tell the instructor as soon as possible before you take part in any of the training. The instructor has a responsibility for your safety during training but cannot exercise that responsibility if you deliberately withhold information.

Everyone is a Safety Observer Safety in training is everyone's responsibility. With numerous people training dynamically in a small space, there is the risk of collision, slips, trips and falls. Every person in the gym has the responsibility and the ability to stop the training if there is a person or object or practice which appears unsafe in the training. If you spot a potentially dangerous situation developing or occurring immediately shout **"ZERO"**. On the command **"ZERO"** all movement must cease and pressure must be released – this does not mean we drop someone whom we may be supporting. Anyone can shout **"ZERO"** if they perceive that an unnecessary risk is being taken or an action is being carried out that could place either themselves or someone else at risk of injury. The command **"ZERO"** should be voiced in a loud and clear manner but not voiced in such a way as to frighten someone into panicking.

Situational Awareness The space in which we train can take many shapes, configurations and have a variety of obstacles, surfaces and implements within it. It is everyone's responsibility to ensure they and their training partner are taking notice of these environmental changes on a continual basis to help ensure that no injuries occur.

Communication You should always be communicating with your partner regarding the speed, power, accuracy, intensity, distancing and other aspects of the activity you are engaging in, to ensure that safety is addressed. ***If you wish to stop for a rest/drink, or need to leave the room – ask permission in advance so the instructor is aware of your status / location and knows that you are okay.***

Don't exceed your own safe capacity Always apply a "threshold principle", working initially at slower speeds and lower intensities, then gradually increasing those elements in your training until you reach the levels which are the most appropriate 'safe' levels for you and your partner. Calibrate, communicate, intensify to a safe level and continue to communicate.

Stick to the Drill Follow the instructions and parameters of the drills exactly to ensure your and your partner's safety. Do not attempt to try any movement that has not been taught as part of the syllabus without the supervision and approval of the instructor. If you do and it results in injury you may be held directly liable for that injury if action is taken against you.

Observe Safety Points Always listen for the points of safety illustrated by the instructor – it is hugely important to note these and observe them during the training. They are included because they are proven to help avoid injuries during the training. In all cases, you should not make assumptions about the level of intensity which your partner is capable or prepared to train at. Some of us are more or less comfortable with intense training than others – simply through nature or experience. Observe your partner's limits and act appropriately.

Safety Equipment **BODY ARMOUR DOES NOT MAKE YOU SUPERMAN!** It is very important to recognise that this gear transfers energy through to the wearer. It is impossible to measure the amount of energy, impact and momentum which could be transferred through the gear to the underlying human. Therefore we must always work using a force continuum to ensure that we understand the limits of the suit. The gear does not provide any protection to the groin and only protects the head from external bruising.

Personal Hygiene During the training, you will often be getting into extreme close-quarters with many different people. For the comfort, health and safety of all the people in the class, we each need to pay special consideration to our personal hygiene.

Summary: Many of the injuries which we are endeavouring to avoid through the above measures can potentially have long-term effects on your partner's health and wellbeing (and their ability to come back and train with you next week!), therefore take care, observe the safety points, communicate and use your common sense to always train safely.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE SAFETY BRIEFING

SIGNED: _____

DATE: _____