



Halifax Sport Karate

Safe Practice Policy

1. Introduction

This Safe Practice Policy outlines the standards required to ensure karate training is delivered safely within Halifax Sport Karate.

2. Responsibilities of Instructors

Instructors must supervise sessions and ensure activities are appropriate for the age and ability of participants.

3. Training Environment

Training areas must be safe and free from hazards with adequate space for participants.

4. Warm Up

All sessions must begin with a suitable warm-up including mobility and dynamic stretching.

5. Head Contact

- Under 10 – no head contact
- Ages 10–15 – no head contact in sparring
- Age 16+ – light controlled contact only

6. Sparring Safety

Sparring must be supervised and participants matched appropriately by size and experience.

7. Protective Equipment

Protective equipment such as gloves, mouth guards and shin protection should be used where appropriate.

8. Concussion Management

If concussion is suspected, remove the participant immediately and seek medical advice.

9. Return After Concussion

- Minimum 21 days before returning to competition

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- Rest
- Light activity
- Non-contact training
- Technical drills
- Controlled sparring
- Full training

10. Code of Conduct

Unsafe coaching practices are not acceptable and may result in disciplinary action.

Lead Safeguarding Officer

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All safeguarding concerns should be reported to the club safeguarding officer immediately.