



Safe Practice Policy

Last Updated 04/08/2025

1. Purpose

The purpose of this policy is to ensure that all activities carried out within WUMA schools are delivered in a way that prioritises the health, safety, and wellbeing of students, instructors, volunteers, and visitors.

Martial arts training involves physical contact and can carry inherent risks. This policy outlines the steps required to minimise those risks through safe practice, structured instruction, and appropriate supervision.

This policy should be read alongside WUMA's 'Our Position on Head Contact for Under 18s' statement, which provides specific guidance for parents and participants.

This policy applies to all WUMA-affiliated schools, instructors, volunteers, and participants.

2. Responsibilities

2.1 Chief Instructor

Approve all elements of martial arts activity within their school. Ensure all instructors hold valid qualifications, memberships, licences, insurance, and safeguarding clearances. Ensure risk assessments are completed for all activities and locations. Oversee compliance with this policy by instructors and volunteers.

2.2 Instructors

Manage a safe and inclusive environment for all students. Deliver activities within their competence and qualifications. Modify training for children and adults at risk to ensure safe participation where reasonably practicable. Seek information on any student medical conditions or limitations that could impact safe training. Maintain up-to-date First Aid certification. Report any incidents or unsafe practices immediately to the Chief Instructor.



2.3 Volunteers & Assistants

Support the Chief Instructor and instructors in maintaining a safe training environment. Follow all safety instructions and procedures outlined in this policy. Report any concerns or incidents to the Chief Instructor.

3. Instructor Requirements

All WUMA instructors must hold WUMA Instructor Membership & Licence, Public Liability Insurance (via WUMA), a minimum grade of Brown Belt or equivalent in their martial art discipline, and the correct level of DBS check: Enhanced if teaching or working with anyone under 18 or adults at risk, or Basic if teaching adults only. Instructors must also complete approved safeguarding training relevant to the groups they teach and refresh this training regularly as required by WUMA, as well as hold a valid First Aid Certificate.

Assistant instructors below this grade may support classes but must be under direct supervision of a qualified instructor.

4. Safe Training Practices

4.1 Warm-ups & Cool-downs

All sessions should include a structured warm-up relevant to the activity. Cool-down exercises should be conducted at the end of each session.

4.2 Clothing & Equipment

Students must wear suitable clothing (no zips, buttons, or hard features). Long hair must be tied back, and jewellery removed. For sparring, the following protective equipment is compulsory: a head guard (students may only spar with head contact if wearing one), mouthguard, groin guard (mandatory for males), shin, foot, and hand protection. Chest guards are strongly recommended, particularly for children and lighter students. Mats must be secure, clean, and disinfected regularly.

5. Discipline-Specific Safe Practice

5.1 Striking Arts (e.g., Karate, Kickboxing, Taekwondo)

Head contact is permitted but only to the head guard (not the face) and must be light, controlled, and supervised at all times. If a strike causes the head to snap back, it is considered too hard and unacceptable. Students may only engage in sparring with head contact if wearing a head guard. For WUMA's full



position on head contact for under 18's you can view our position document here: [CLICK HERE](#). Considerations for sparring include age, height, and weight matching, gender considerations for mixed sparring, and use of protective gear as listed above. Heavy bag work or knuckle press-ups should be avoided for children due to joint and bone development risks.

5.2 Grappling Arts (e.g., Judo, Ju-Jitsu, Aikido)

Ensure mats are properly joined and secure. Prohibit dangerous locks, throws, or strangles that could cause injury, particularly for children. Pair students by size, age, and ability.

5.3 Weapons Training (e.g., Kendo, Kobudo, Freestyle Forms)

No live blades are permitted in training sessions. Safe protocols for training weapons must be in place. Weapons training must be supervised by experienced instructors.

6. Risk Management

Risk assessments must be conducted for all venues and sessions. Activities must be sited away from walls, sharp objects, or obstacles. Sessions should be adapted, where reasonably practicable, to meet the needs of all students, including those with disabilities or medical conditions, while ensuring safety and staying within the instructor's competence. Overcrowding must be avoided; student numbers must allow safe practice.

7. Emergency Procedures

A clearly defined emergency procedure must be in place for all venues. First aid kits must be readily available. Any student with open cuts or abrasions must be treated before returning to training. If an injury or medical issue is life-threatening (e.g., loss of consciousness, breathing difficulties, severe bleeding), emergency services must be called immediately (999). For serious but non-life-threatening injuries (e.g., suspected fractures), the student should be taken to A&E or referred for appropriate medical assessment. All injuries, regardless of severity, should be recorded by instructors in the school's incident book as soon as possible after the event.

8. Safeguarding Considerations

WUMA is committed to creating a safe and inclusive environment for all participants, particularly children and adults at risk. Where reasonably possible, instructors should make sensible adjustments to training to support children



and adults at risk. This might include modifying techniques, reducing intensity, or providing closer supervision to keep training safe and inclusive. Instructors should actively monitor students for signs of tiredness, distress, or unsafe behaviour. When issues are identified, they should be addressed promptly – whether by pausing training, offering support, or escalating concerns to the Chief Instructor or Designated Safeguarding Officer. Mixed-gender training is a normal part of martial arts. Instructors should ensure that sessions are delivered with sensitivity and, where needed, adapt pairings or increase supervision so all students feel safe, comfortable, and respected.

9. Facilities & Supervision

WUMA schools must ensure that facilities are managed in a way that maintains the safety and privacy of all students.

Toilets and changing areas should operate on a “1 in, 1 out” basis where possible to prevent unsupervised groups forming and to avoid adults and children mixing unsupervised. Where group changing areas are unavoidable, they must be closely monitored, and access managed appropriately.

Parents, carers, and spectators should only access these areas when necessary and never without supervision if children are present. Instructors and staff must remain vigilant in communal spaces (such as waiting areas) to ensure students are safe and appropriately supervised at all times.

10. Review & Compliance

This policy will be reviewed annually or following any significant incidents or changes in guidance.

All WUMA schools must adopt this policy and ensure it is communicated to instructors, volunteers, students, and parents/carers.

Safety First – Always.

For any queries or advice on implementing this policy, contact WUMA HQ.

Acknowledgement and Agreement

By signing below, I confirm that I have read, understood, and agree to abide by the World United Martial Arts Federation (WUMA) Safe Practice Policy. I understand that failure to follow this policy may result in disciplinary action, including suspension or removal of my WUMA membership or teaching status.



Name & Signature: _____

Date: _____

Position: _____