



# **WUMA INSTRUCTOR HEALTH AND SAFETY POLICY**

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**UNITING  
THE MARTIAL ARTS  
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WORLD UNITED MARTIAL ARTS FEDERATION**



## **1. SENIOR INSTRUCTOR RESPONSIBILITIES**

1.1 The senior instructor person should:

- (a) approve all elements of an activity involving martial arts;
- (b) refer instructors to their responsibilities in managing this activity (refer to paragraphs 5.1 to 5.33); and
- (c) approve the involvement of any instructor (refer to paragraphs 4.1)

1.2 The senior instructor may feel that it is appropriate to refer to the instructor qualifications in paragraphs 4.1 before addressing hazards and other sections.

## **2. RISK LEVELS**

2.1 Participation in martial arts involves high risk, therefore it is the job of the instructor to manage all hazards to prevent harm coming to any student.

## **3. HAZARDS**

3.1 The potential risk in martial arts lies in the predominant combat focus.

3.2 Hazards that may be encountered in this activity include:

- (a) equipment (e.g. mats);
- (b) surface;
- (c) body contact; and
- (d) insufficient space.

3.3 As part of the process of self-regulation, all persons engaging in the activity should identify and manage additional hazards not mentioned. However, the liability lies with the instructor.

## **4. INSTRUCTOR QUALIFICATIONS**

4.1 The instructor should be a registered teacher with competence (demonstrated ability to undertake the activity) in the teaching of the particular martial art and hold all the following:

- (a) WUMA Instructor membership certificate
- (b) WUMA evidence of cover Public Liability insurance certificate
- (c) WUMA instructor licence
- (d) WUMA teacher certificate
- (e) Level 2 instructor qualification
- (f) DBS check certificate
- (g) First Aid Certificate

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## **5. INSTRUCTOR RESPONSIBILITIES**

5.1 Instructors are responsible for managing a safe educational environment and ensuring that activities involving martial arts address safety issues and procedures.

5.2 Teachers should:

- (a) recognise their own ability in this specific area; and
- (b) assess the appropriateness of the activity to the students.

## **SAFETY OF STUDENTS**

5.3 Instructors should:

- (a) determine the students' capabilities to engage in the activity;
- (b) consider the severity or consequences of any injury that could be sustained through involvement in the activity;
- (c) evaluate the curriculum relevance and educational outcomes and balance these against the hazards and inherent dangers of engaging in the activity.

5.4 Instructors should seek information from parents (or caregivers) and students of any condition (e.g. physical or medical) that may impair a student's capacity to engage safely in the activity. The teacher should investigate any reported condition before the student participates in the activity and take necessary precautions to ensure the safe participation of the student.

5.5 Instructors should ensure students:

- (a) adhere to all safety instructions and directions given in relation to the activity and use of equipment;
- (b) secure or remove any loose apparel, jewellery, spectacles and other ornaments that may cause injury to themselves and/or other participants;
- (c) secure long hair if it is likely to impair vision or become entangled in the equipment; and
- (d) cut or tape long fingernails to prevent injury to any participants.

5.6 Students should not participate if they have injuries or conditions such as cuts, abrasions, rashes, boils or any contagious condition.

5.7 Students are to wear strong clothing.

5.8 Students' clothes are not to have zips, buttons or other hard features.

5.9 Students may need soft-soled shoes without buckles for working on some surfaces.

5.10 Sun safety strategies must be implemented to provide protection from the sun.

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5.11 Instructors should ensure that students understand the hazards and safety rules associated with this activity.

### ***SOCIAL JUSTICE***

5.12 Instructors need to investigate the options necessary for the optimum and safe participation of all students in the activity.

5.13 Students should have access to a range of educational opportunities which reflects the specific needs of the students and/or the diverse nature of the school community.

5.14 Instructors may need to adapt the activity or the environment to maximise the participation of all students.

### ***MANAGEMENT OF ACTIVITY***

5.15 The instructor should ensure that the activity includes:

- (a) appropriate warm-up and stretching activities;
- (b) progressive and sequential skill development;
- (c) initial instruction in dangers of prohibited moves and of non-supervised practice;
- (d) emphasis on good posture in performance of all techniques; and
- (e) grouping or pairing of students according to ability.

5.16 Prolonged intense sessions should be avoided.

5.17 It is recommended that students do not hold postures for excessive periods.

5.18 Free sparring should not be permitted until students have reached a level of performance at which they have good control over body contact.

5.19 End of class cool down exercises should be implemented.

5.20 The rules for the activity and the equipment should:

- (a) meet the special needs of individuals; and
- (b) be appropriate to the maturity of the students.

5.21 Safety considerations should be continually reinforced throughout the activity.

### ***LOCATION***

5.22 The location should be appropriate for the activity.

5.23 The location should enable sufficient supervision to be maintained at all times.

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This will vary depending on the maturity and responsibility of the students.

5.24 First aid equipment and consumable items appropriate to the activity should be readily available.

5.25 Activities should be sited away from walls, seats, beams or other objects.

5.26 The area should be suitably lit.

5.27 The surface should be smooth and even as most martial arts are practised in bare feet.

### **EQUIPMENT**

5.28 The equipment should be appropriate for the activity.

5.29 An appropriate surface should be provided. When several mats are used to form a single surface, the mats should be secured together.

5.30 Mats should be kept clean by sweeping them before each session and cleaned with disinfectant each week.

5.31 Students sparring should wear protection for the Head, Teeth, Groin, Chest, Shin, Foot and Hand.

5.32 Equipment should be maintained, any damaged equipment must be replaced immediately.

5.33 Sparring to be managed in a non-aggressive manner with control and focus, injuries to be avoided at all times.

### **6. RISK CONTROL • MANAGING THE LEARNING ENVIRONMENT**

6.1 Appropriate safety rules should be established and adhered to.

6.2 The instructor should implement strategies for safe participation in martial arts activities.

6.3 The number of students in the space available should be considered so that students do not collide with one another in group practices.

6.4 Students should be instructed regarding the rules and safety procedures.

6.5 All relevant specific techniques should be demonstrated and explained. Students should be restricted to these techniques.

6.6 Notions of self-control and responsibility should be continually reinforced.

6.7 The surface should be free from dust, dirt and other objects which may be carried on the feet.

6.8 For techniques involving grappling, throws, take-downs & sweeps, a shock-absorbing surface must be used.

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6.9 Foot and shin protectors should be worn for striking and blocking practices in which limb contact may occur.

### **7. EMERGENCY PROCEDURES**

7.1 The instructor should develop a clearly defined emergency procedure.

7.2 Students with open cuts and abrasions are to be removed from the activity and treated immediately. If bleeding cannot be controlled completely, the participant should not be allowed to return to the activity. All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious.

7.3 If any person loses consciousness, one should:

- (a) check for DANGER;
- (b) check for RESPONSE;
- (c) check the casualty's AIRWAY is clear;
- (d) check for BREATHING; and
- (e) check for CIRCULATION.

7.4 If necessary, a qualified person should perform cardiopulmonary resuscitation.

7.5 Always call an ambulance if the injury is classed as serious ie. lack of breathing, possible broken bone etc.

**WHATEVER PROCEDURE YOU INVOLVE THE STUDENT IN  
PLEASE THINK OF**

# **SAFETY FIRST.**

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